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Your essential daily news | WEEKEND DECEMBER 11-13, 2015

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BOWMAN SCHOOLS TRUMP

metroNEWS

Mayor Brian Bowman invites Donald Trump to Winnipeg for a lesson on inclusion

Poverty rate falls

INNER CITY

Expert says funds needed to sustain change

Stephanie Taylor
Metro | Winnipeg

After decades of decline in Winnipeg's inner city, a report shows ground is slowly being made.

Titled Drawing on Our Strengths, the release of the annual state of the inner city report released by the Canadian Centre for Policy Alternatives was attended by dozens gathered at Thunderbird House Thursday.

The findings show the rate of poverty in the inner city is falling, said Jim Silver, co-author of the report.

Also, the area's population decline has stalled, and more people have been able to access education and find a job.

"The key message here is that after decades of decline ... we're finally beginning to turn around."

"This is really significant."

Silver attributes the progress to the work of 150 or so community-based organizations that have led a grassroots form of development – a long-term strategy he said experts predicted to be slow but successful.

However, a majority of that work relies on public investment, he says, adding the report sends a message to governments and taxpayers that their dollars amount to real improvements.

"We need to continue to have public investment in these community-based organizations. We need to continue to have the community putting together the plans in the way that they've been doing, but if they don't get that sustained public investment, everything will go back to decline."

Although the new figures are rosy, he cautioned many in the inner city are far from experiencing any gains.

"It's really only the beginning."

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INFRASTRUCTURE

St. Norbert bypass now in the works

Donna Maxwell
For Metro | Winnipeg

Motorists travelling on the Perimeter Highway will be able to get around the city faster in the future with the announcement of development plans for a St. Norbert Bypass.

Infrastructure and Transportation Minister Steve Ashton announced the plans yesterday, noting the bypass goes hand-in-hand with recently announced interchanges, like one at Waverley Street and Kenaston Boulevard.

"We're already planning to build a series of modern interchanges on the Perimeter Highway and now we've also started planning a major bypass from the Perimeter to PTH 75 around the St. Norbert neighbourhood."

The province is currently working on plans to construct several new interchanges on the woefully slow Perimeter, which features traffic lights at countless intersections, which contribute to long delays, especially during peak traffic times.

Ashton said in the meantime, the province will consult with the public and prepare functional designs of the St. Norbert bypass, followed by land acquisition to prepare for the construction stage.

Terry Shaw, executive director of the Manitoba Trucking Association, said the changes will be good for the trucking industry, and others.

"For the trucking industry, these links and others such as the planned Headingley bypass and the other improvements to streamline the Perimeter Highway help improve road safety and they help the environment by permitting vehicles to operate at peak efficiency, rather than idling at lights."

According to Ashton, the project will support Centerport Canada and all the other trucking routes that move from the Perimeter to Hwy. 75 and the U.S. border. The Manitoba government recently added three years to its five-year core infrastructure plan and brought the total investment to \$10 million, by adding \$4.5 billion to the original \$5.5 billion.



Minister Steve Ashton stands next to the plans for the St. Norbert bypass route. CHRIS D. CA

Police warn of thin ice on waterways

SAFETY

Fire services get over 400 calls a year for water rescue

Evan Matthews
For Metro | Winnipeg

As Winnipeg experiences record-breaking temperature highs this winter, the Winnipeg Fire Paramedic Service along with the Winnipeg Police Service are cautioning the public about thin ice.

On Wednesday, emergency personnel put on a water rescue demonstration to illustrate just how quickly a person's life can be put at risk.

"Ice conditions are very hard to read, especially with the warm weather we've had," said Jason Perron, a shift trainer for the Winnipeg Fire Department. "A day like today with snow on the ice, you can't tell where the weak spots are."

Perron said the fire department receives upward of 400 calls a year for water rescue. The amount of times they end up in the water is surprisingly high, roughly 50-75 times, he said.

Perron added success rates are dependent on the situation.

Emergency personnel have stories of success



Emergency personnel demonstrate how they rescue someone who has fallen through ice.

EVAN MATTHEWS/FOR METRO

and stories of the opposite, but WPS Patrol Sergeant, Underwater Search and Recovery Unit Kevin Pawl said police are brought in only after the situation is dire.

"It's important to remember — it's getting colder, and if you're out on the ice and happen to fall through — there is that chance you don't come back,"

said Pawl. "My advice is to stay away from the rivers right now."

Police are suggesting Winnipeggers stay off of waterways including the floodway, drainage ditches, culverts, streams, creeks, retention ponds and rivers.

They said the only waterways that should be considered safe are tested and approved for use.



Ice conditions are very hard to read, especially with the warm weather we've had

Jason Perron

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Mayor invites Trump for a visit

SOCIAL MEDIA

Open letter to U.S. politician offers lessons on tolerance



Stephanie Taylor
Metro | Halifax

Winnipeg Mayor Brian Bowman characterizes some of Donald Trump's statements as "alarming" and "deeply offensive," and believes others ought to be speaking out.

He also thinks Trump could learn a lesson in inclusion by a visit to the Canadian Museum of Human Rights.

On Thursday, Bowman sent a letter addressed to the corporate office of the Republican leader hopeful in New York, inviting the real estate mogul to visit our city — specifically the museum — in order for him to develop "a more profound sense of compassion and tolerance for others."

A copy of the letter was shared on social media later that day.



Brian Bowman wants Donald Trump to take a tour of the Canadian Museum for Human Rights.

STEPHANIE TAYLOR/METRO WINNIPEG

"This is International Human Rights Day," Bowman told reporters afterwards.

"If ever there were a day when we need to be better educating people with views and positions that are being espoused by a leading contender for the Republican

nomination to president, today would be the day.

Bowman said he was inspired to pen the letter following some of Trump's most inflammatory comments, including a recent election promise to ban foreign Muslims from entering the U.S.

"As you fight to close the doors on foreign Muslims in the United States, Canada is preparing to welcome 25,000 Syrian refugees. Of those 25,000 refugees, our province of Manitoba will accept up to 2,000," Bowman says in his letter.

"Tolerance, acceptance and a desire to help comes from a deep understanding of other cultures," he continues, praising the reaction those in our own province and city have to welcoming the refugees.

"Mr. Trump, it is my hope that in visiting our city, and in particular, our museum, you might develop a more profound sense of compassion and tolerance for others. At the very least, it is my hope you might learn the Winnipeg way of cultural inclusion," the letter concludes.

Bowman later said he believes it's imperative for people and other politicians to speak out against Trump's policies that are attempting to build "walls" between citizens.

While some applauded the invitation on social media, it was criticized by others who felt it

downplayed the seriousness of Trump's bigotry.

"For some crazy reason, the letter doesn't make it clear that Trump is a virulent racist who invokes the language of the Holocaust," tweeted lawyer Corey Shefman, who added it was a "misguided publicity stunt."

"How would having him in Winnipeg make our city's Muslim community feel?"

Another called the invitation deplorable.

"@realDonaldTrump has no place in our city or our politics," tweeted Thomas Linner. "Please reconsider and rescind this invitation."

Bowman told reporters that he would not speak on behalf of the Muslim community, but remained steadfast in the message of the letter.

WITH FILES FROM THE CANADIAN PRESS

It is my hope you might learn the Winnipeg way of cultural inclusion.

Mayor Brian Bowman

(Donald Trump) has no place in our city or our politics.

Thomas Linner

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The victim, Kathleen Leary, retired in February. CONTRIBUTED

Youth's charges upgraded

CHARLESWOOD

Killing now stands as first-degree murder



Elisha Dacey
Metro | Winnipeg

A crime that shocked a west

Winnipeg neighbourhood has seen charges upgraded to first degree murder.

Police initially charged a youth in connection to the killing of a woman in Charleswood.

Officers responding to the report of an injured woman found Kathleen Leary dead at her home on Cheltenham Cove shortly after 6 p.m. on May 19, 2015.

After a day of silence from

police about the case — and early reports that the killing was part of a home invasion — police spokesperson Const. Eric Hofley told reporters the victim and accused were known to each other and there are no other suspects.

Hofley said in May the accused, whose name, age, gender and connection to the victim are protected under the Youth Criminal Justice Act, was ar-

rested at the scene.

The youth, who is from Winnipeg, initially faced second degree murder charges, but police said Thursday those charges were upgraded after a review of the case and a recommendation and authorization from crown attorneys. He has been detained.

Norway House Cree Nation Chief Ron Evans said in May that Kathleen Leary spent years working for the band.

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How to serve a no-fuss dinner

CATERING

Where to invest in a made-for-you holiday feast

Shel Zolkewich
For Metro | Winnipeg

Imagine an effortless holiday dinner, brought to the table fully prepared, without one dirty dish in your kitchen sink.

This can be your reality, thanks to a handful of Manitoba food purveyors who are willing to do the work.

The Cadillac of dinners comes courtesy of the Fairmont Winnipeg. Its popular

Turkey Takeout package includes a slow roasted turkey, stuffing, buttermilk mashed potatoes, freshly baked rolls and butter, cranberry sauce, gravy and a selection of seasonal root vegetables. Pie is also included.

"We do a lot of pumpkin for Thanksgiving but pecan seems to be the more popular one during the festive

season," said Pascale Rocher, marketing manager for The Fairmont.

Prices range from \$195 for half a turkey that will feed about eight people, to \$390 for the whole bird. Contact the catering office at 204 985-6212 to place your order.

Supper Central offers a ready-to-cook holiday dinner that saves plenty of shop-



We do a lot of pumpkin for Thanksgiving, but pecan seems to be the more popular pie during the festive season.

Pascale Rocher, Fairmont Hotel marketing manager

ping, prep and cleanup time — while still providing that 'cooked it myself' satisfaction.

A full meal serves eight and includes stuffed turkey breasts or legs, sweet and sour meatballs, creamy baked mashed potatoes, a vegetable medley, salad, stuffing, a French loaf, gravy, cranberry sauce and cheesecake. It takes less than 2½ hours to cook the entire meal.

Dinners are available for pickup Dec. 23 and 24 for \$259. There's also a half meal that serves four, for \$139. Book your order at suppercentral.ca.

Danny's Whole Hog Barbeque & Smokehouse offers a wallet-friendly feast for only \$13 per person (minimum of 15) when you pick it up at the Stonewall-area shop.

The meal includes pulled turkey, beans or mixed veggies, choice of potato salad or baked potatoes and choice of coleslaw or Caesar salad, buns, Danny's Own BBQ Sauce and even disposable plates and cutlery.

Customize the meal by adding meatballs, cabbage rolls, perogies and dessert for a few dollars more. You can even add more meat, including smoked chicken, barbecued ribs or a baron of beef.

Meals can be picked up hot or cold. Place your order at 204-344-5675.



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Charles Ritchot holds his winning cheque. CONTRIBUTED

Man wins, loses and wins again

LOTTERY

Bombers face investigation after 50-50 ticket snafu

You win some, you lose some, but don't ever trash the ticket.

That's the lesson learned by Charles Ritchot of La Salle, Man., who won this year's 50-50 lottery at the Grey Cup game after coming close to throwing his \$179,000 winnings away.

The winning number — 551531 — was correctly announced at the game and posted correctly on the stadium's video boards.

Ritchot's ticket matched, but he decided to wait until the next day to surprise his wife with the good news.

Before doing that, he checked the Winnipeg Blue Bombers website and was crestfallen to find the last three numbers were 351, which didn't match his ticket.

He even called the Blue Bombers office and was told no, he hadn't won the big prize.

"So I said, 'Oh darn, I was wrong,'" he told CTV Winnipeg.

He tossed the ticket but after a few minutes decided to keep it on his wall as a reminder he

was "never going to get closer (to winning) so maybe just don't ever buy tickets cause it's just not going to happen."

But then local news outlets reported no one had claimed the prize. Ritchot called the Blue Bombers and was again told that his ticket didn't match the winning number.

Still unconvinced, he checked the team's website on Tuesday morning and realized that the winning number had been corrected — and it was a match.

Kim Babij-Gesell, communications manager for the Blue Bombers, issued an apology to Ritchot on Wednesday night, saying two of the digits had been transposed on the team's website.

"An error was made because the Winnipeg Football Club did not inform the public that the incorrect number was posted overnight on the website," she said in a statement. "Our processes will be reviewed with training for staff to ensure this doesn't happen again."

The Manitoba Liquor and Gaming Authority said it is concerned about the incident and has launched an investigation.

Ritchot, meanwhile, has collected his cheque and plans to use the money for his retirement, his three grandchildren and remodelling his house.

THE CANADIAN PRESS

IN BRIEF

Police arrest armed man

Winnipeg police have arrested a man they say was walking around the St. John's neighbourhood with a gun.

Police said they were driving in the area of Aikins Street and Anderson Avenue Thursday morning at around 1 a.m. when they spotted the man, who was known in the past to carry guns.

When police got out of

the car, the man fled on foot.

During the chase, police said they saw him toss a firearm into a yard. Officers later found the gun, a .22 calibre sawed-off rifle.

Police eventually caught up with the man and arrested him without incident.

Police have charged Joshua Ryan Duprat, 31, of Lac Du Bonnet, with several weapons offenses.

METRO

New tiger latest addition to Assiniboine Park Zoo

The Assiniboine Park Zoo has a new furry, large animal who enjoys the snow, but it's not a polar bear.

Volga, a two-year-old Amur tiger has been transferred to the zoo from the Granby Zoo in Granby, Que.

"Volga is a very healthy and happy tiger, and she's adjusted quite well to her new habitat," said Gary Lunsford, the head of zoo-

logical operations in a press release.

She was transferred to the zoo as part of the Association of Zoos and Aquariums Species Survival Plan, said Lunsford.

"All of our tigers are particularly active in the winter and she's certainly enjoying the snow so it's a great time to come visit," he said.

Volga's breed, also called Siberian tigers, are endangered in the wild. METRO



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CN links up with Amsted Rail

EMPLOYMENT

If demand increases, it could mean more jobs

Evan Matthews
For Metro | Winnipeg

CN says they're on the right track after they announced a 10-year partnership with Amsted Rail Thursday.

The two companies have a long-standing relationship dating back more than 50 years, according to CN. Amsted, who produces wheels at the Griffin Wheel Company, is a manufacturer of railway wheel equipment.

"There are a lot of issues that can come about if you're dealing with overseas manufacturers, but these guys are right down the street," said Gerry Weber, CN's vice president of supply, fleet and fuel management.

"For us it's about guaranteeing production here, and



CN's heavy duty mechanic, David Hale, is one of 85 employees whose jobs were secured by Wednesday's announcement.

EVAN MATTHEWS/FOR METRO

guaranteeing a supplier here."

The new agreement says more than one million wheels will be produced over the 10-

year span, and every single railway wheel on a CN line in North America will be made at the Transcona shop.

"Transcona, and Winnipeg have always had a strongly mixed economy in terms of manufacturing and services,"

said area Coun. Russ Wyatt. "The manufacturing sector is strong in Winnipeg specifically. These are manufacturing

jobs that are secure and staying within the province."

Weber said previous deals have only been for three to five years, mostly due to CN seeking lower prices overseas. He said it's different this time in that both companies are looking to better long-term planning.

The Griffin Wheel Company building, one of five Amsted factories in North America, experienced a fire this past March, although CN said their production did not slow during that time.

Weber said the Transcona facility employs 85 people, and at today's production rate secures those jobs for 10 years. An influx in jobs would depend on the volume going through the wheel shop, he said.

"If our wheel demand goes up, then application goes up. We'd likely then have to produce more, in which case we'd have to hire more people," said Weber.

Winnipeg is home to not only the Transcona Shop, but Symington Yard, one of CN's largest rail car switching facilities, and CN Campus, a national employee training centre.

VOLUNTEERING

Community rallies around unique food bank café

A group of like-minded Wolseley volunteers are working to change the way traditional food banks are viewed, according to Winnipeg Harvest.

Meaghan Pauls, coordinator of the Bell Tower Community Café, said the idea stemmed from coming together to share a meal at a common table. Partnering with food banks made her wonder.

"How could we make that system look a little bit different?" Pauls asked. "So we decided to offer a café instead... people come and enjoy a free meal or coffee. Our tag line is, 'making good things together.'"

Morgan Thomas, Harvest's agencies liaison, said strong desire exists within the community to help in a meaningful way. As a result, the Bell Tower Community went through one of the fastest food bank application processes he's ever seen.

"The Bell Tower Community is setting the bar in a lot of ways," said Thomas. "The experience isn't that of a food bank, so much as it is a community experience."

Pauls said live music is part of what the café includes to create a different environment.

"We have kids come out, and they enjoy the music," said Pauls. "We've had a few times where kids take the stage themselves,



Morgan Thomas says the Bell Tower is setting the bar for a community experience. EVAN MATTHEWS/FOR METRO

and we've had some amazing impromptu performances."

Now in the third year of the initiative, Pauls continues to extend open invitations for people to come by and have a free meal. She said part of building the community is welcoming everyone to be a part of it.

Although the number of people in the area accessing Harvest food banks is exponen-

tially larger, Thomas said the café helps to bring together and feed roughly 80 households every second Friday.

"Money, food and time," said Thomas. "You'll hear us ask for help in this way regularly."

Pauls added the organization is looking to raise \$15,000 for their annual operating budget, and said she believes community is the key. EVAN MATTHEWS/FOR METRO

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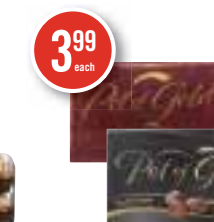
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No private liquor: Manitoba PCs

POLITICS

Tory priorities reflect citizens' daily needs: Opposition

Manitoba Opposition Leader Brian Pallister said he would not privatize liquor sales if he wins the provincial election April 19.

The Progressive Conservative leader, whose party is well ahead in recent opinion polls, said he can rule out any further private involvement in liquor distribution because he has far more important priorities.

"We just laid out 20 clear, well-announced ideas in our alternative throne speech that are the real priorities that Manitobans want us to address — in education and health-care, in improved economic growth," Pallister said Thursday in an interview, referring to a campaign-style platform he released last month.

"If you go down that (liquor privatization) road, you haven't got time to address these other issues.



Brian Pallister excluded private alcohol sales from the PC party's focus points in their alternative throne speech. THE CANADIAN PRESS

"Have you ever met anybody who had more than 10 priorities that could actually get anything done? It's the same thing in government."

The Manitoba Liberal Party promised last summer that,

if elected, it will find ways to lower booze prices and that could include privatization. The Liberals have been consulting stakeholders and are to announce the results Friday. "People have been very co-

operative. They've passed on great information that we've taken into consideration," leader Rana Bokhari said earlier this week.

Pallister accused the Liberals of going for headlines instead

of good public policy.

"I get the strategy, politically, of throwing ideas around on things that people care about day-to-day. You know, cheaper beer tonight, happy guy. But that's not who I'm going to

66

If you go down that road, you haven't got time to address these other issues.

PC leader Brian Pallister

elect to be the premier of the province of Manitoba."

The NDP government has loosened liquor laws in recent years, but retail stores are still predominantly government-owned and staffed. There are some private retailers, such as hotel beer vendors, a small number of boutique wine stores and liquor stores in some small rural communities.

The NDP has accused Pallister of harbouring secret plans to privatize a wide range of government services — an attack which Pallister says is completely false.

The Saskatchewan government recently announced plans to sell 40 of its 75 government liquor stores to private operators. It is also allowing 12 new private stores to open in various communities. THE CANADIAN PRESS

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Kevin P. Gabel & Toby Hughes, photo by Dylan Hewlett



Written by Todd Lewys

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Indeed, seeing is believing when it comes to all the amenities offered in the townhomes of Terra Commons that feature fabulous upgraded finishes such as engineered hardwood and tile floors, maple cabinets, quartz countertops and stainless appliances. The suites are extremely comfortable, quiet and are amazingly finished throughout.

"The value these townhome condominiums offer – there are six

different floor plans available to choose from through the four buildings – is the best I've ever seen. Each suite is brand new, and offers amazing style, space and utility. Combine those things with affordable pricing and a great location, and you have a project that offers incredible value in every respect," says Hirsch.

Not only is each townhome huge and exceptionally livable due to an open-concept floor plan, but larger units come with three bedrooms and three bathrooms. And the style that runs throughout each suite is nothing short of incredible. "First of all, the finishes are second to none – in a word, they're luxurious," said Debbie Hirsch. "Gorgeous, wide-plank hardwoods in the great room, quartz stone countertops, maple cabinets, a glass tile backsplash and whirlpool stainless appliances in the kitchen, tile flooring in the bathrooms and foyer. There's even a convenient main floor powder room." The high quality finishes and accessories don't end there.

"Plush taupe carpeting runs through the whole bedroom level – the landing, hallways and bedrooms," Hirsch added. "The earth tone colour palette looks great. There's designer paint throughout all the suites, with new lighting fixtures, including plenty of bright and accenting pot lights in the great room."

All that style is complemented beautifully by suite layouts that maximize space, light and overall livability.

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smart aluminum railing with tempered glass inserts, or a spacious wood deck.

An extra-wide staircase leads to the spacious upper floor featuring three large bedrooms, a luxurious main bath and convenient second floor laundry. At the same time, both the upper and main level are naturally bright due to another practical design feature.

"There are new, huge tri-pane windows everywhere," said Gary Hirsch. "Not only do they let in all kinds of light, but they are very energy-efficient and offer excellent sound insulation. All three bedrooms are larger than normal, while all master suites come with a huge window, walk-in closet and some boast ensuites. The main bath contains a tile floor, soaker tub, and espresso maple vanity with quartz stone countertop."

The townhome designs not only make them feel like a detached home with their efficient, bright interiors, but they offer other features that increase that house-like feel, he added.

Terra Commons comes with its own geothermal heating and cooling

"Add everything up, and Terra Commons equals unmatched value," says Hirsch. "Look around. Priced from \$189,900 including net GST, appliances and all the upgraded finishes, you won't find townhomes that offer as much style, livability and value as these anywhere in Winnipeg."

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WORLD VISION

Heartwarming video has kids reaching out

"Welcome to Canada!"

That's the message Canadian children are sending Syrian refugees coming into the country this week in a heartwarming video released by World Vision.

"There's something so overwhelming and touching in seeing how kids respond to the idea of people being forced to flee their country," said Hugh Brewster, national manager for Canadian programs at World Vision.

In several languages — includ-

ing French, Spanish, Arabic and others — the children welcome refugees their own age with messages of friendship and advice for life in their newfound, Canadian home.

"Everyone likes Canada because we have all four seasons," adds one boy, posing in front of a hockey net.

"I want to be your best friends," one young girl says. "See you in school," says another.

The welcome messages were

collected via email and World Vision put the video together in two days, Brewster told the Star.

He said many children expressed that they felt their job was "to make them feel welcome, to ask how you can help, to sit next to them in the cafeteria, to invite them on the slide with you."

"Kids can really teach us a lot about what it means to really open our hearts to new people," he said. TORSTAR NEWS SERVICE



Children from across Canada welcome Syrians. YOUTUBE



Mazan Khabbaz, centre, a refugee from Syria, is embraced by a well-wisher as he arrives with his family at Toronto's Pearson Airport. CHRIS YOUNG/THE CANADIAN PRESS

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163 Syrians welcomed

IMMIGRATION

Liberals work with sponsors to bring 25,000 refugees over

With suitcases stacked on luggage carts and blue bags full of info from government agencies on top, 163 Syrians lined up at the Beirut airport Thursday to begin the long journey to Canada.

They boarded a military plane as the vanguard of 25,000 refugees the Liberal government wants to bring to Canada by the end of February.

Photos taken by the Canadian Forces at the airport point showed a mix of men and women, teens and young children, some being offered teddy bears by Canadian officials.

The flight left Beirut to travel to Germany, where the military Airbus was to stop for refuelling and a change of crew before heading on to Toronto.

All of the Syrians on board Thursday are being sponsored by private groups, many of whom had filed the paperwork months ago in order to bring

in some of the estimated 4.3 million Syrians displaced by the ongoing civil war in that country.

But the sponsors will have to wait a while longer before they personally greet the new arrivals.

The first Canadians the Syrians will meet upon landing at Toronto's Pearson airport will range from, perhaps, the prime minister, to a team of civil servants and border officers who will complete the final pieces

of paperwork required.

From there, 116 will head to new homes in the Toronto area. Another four will go to Windsor, Ont. Sponsors in Kelowna, B.C., will welcome four, three will go to Coquitlam, B.C., and one to New Westminster, B.C. Twenty are bound for Calgary, Alta., and the final 15 to Edmonton, according to statistics released by the Immigration department.

A second flight is set to arrive in Montreal on Saturday.

"We have great hopes for the success of this group of people that are arriving and their families as they build their new home here in Canada," said Arif Virani, the parliamentary secretary to the minister of immigration. THE CANADIAN PRESS

“

We have great hopes for the success of this group of people that are arriving and their families as they build their new (homes).

Arif Virani

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RESPONSE

Muhammad Ali backs Islam

Boxing legend Muhammad Ali criticized Republican presidential front-runner Donald Trump's proposal to ban Muslims from entering the United States, calling on Muslims "to stand up to those who use Islam to advance their own personal agenda."

Ali, one of the most famous Muslims in the world, issued a statement saying, "True Muslims know that the ruthless violence of so-called Islamic Jihadists goes against the very tenets of our religion."

He added, "I believe that our political leaders should use their position to bring under-



Boxing great Muhammad Ali.
THE ASSOCIATED PRESS

standing about the religion of Islam and clarify that these misguided murderers have per-

verted people's views on what Islam really is."

Ali's statement Wednesday was directed at "presidential candidates proposing to ban Muslim immigration to the United States."

"They have alienated many from learning about Islam," Ali wrote.

U.S. President Barack Obama, in an address to the nation Sunday, called on Americans to reject discrimination, saying, "Muslim Americans are our friends and our neighbours, our co-workers, our sports heroes."

THE ASSOCIATED PRESS

BACKLASH

Fears of harassment against Muslims across U.S. increase

A severed pig's head was left outside a mosque in Philadelphia. An Islamic centre in Florida was defaced. A Sikh temple in California was vandalized by someone who mistook it for a mosque and left graffiti that included a profane reference to the Islamic State of Iraq and the Levant (ISIL) militant group.

Advocacy groups believe a spate of anti-Muslim incidents across the U.S. in recent weeks can be linked to last week's mass shooting in California

and the inflammatory rhetoric of Donald Trump and other Republican presidential candidates. And they say Muslims are fearful the backlash could lead to further harassment and violence.

"I have never seen such fear and apprehension in the Muslim community, even after 9/11," Ibrahim Hooper, lead spokesman for the Council on American-Islamic Relations, said Wednesday.

THE ASSOCIATED PRESS

INCIDENTS

Problem hard to measure

It's tough to measure the extent of the problem or to know for sure if there has been an increase in anti-Muslim incidents or if people are simply paying closer attention to a small but steady stream of episodes throughout the year. THE ASSOCIATED PRESS

FACEBOOK

Zuckerberg offers support to those who fear bad reaction

Facebook CEO Mark Zuckerberg is offering words of support for Muslims who fear retaliation for the recent violent attacks by Islamic extremists in Paris and San Bernardino, Calif.

In the wake of those attacks, Zuckerberg wrote on his personal Facebook page Wednesday that he wants to assure

Muslims they are welcome on Facebook and that "we will fight to protect your rights and create a peaceful and safe environment for you."

Republican presidential candidate Donald Trump has proposed barring all Muslims from entering the United States. Other political leaders have

condemned Trump's proposal as discriminatory.

Zuckerberg did not refer specifically to any proposal, but the co-founder of the world's biggest social network said, "As a Jew, my parents taught me that we must stand up against attacks on all communities."

THE ASSOCIATED PRESS



U.S. presidential candidate Donald Trump speaks in Columbus, Ohio. He has said he shelved a trip to Israel in order to not pressure President Benjamin Netanyahu. THE ASSOCIATED PRESS FILE

Trump postpones journey to Israel

UNITED STATES

Candidate says he'll make trip 'after I become president'

Republican Donald Trump has scrapped a planned trip to Israel, saying he will reschedule "at a later date after I become President of the U.S."

Trump tweeted Thursday that he is postponing the trip, which had become problematic for Israeli Prime Minister Benjamin Netanyahu. Viewed as a Republican Party supporter, Netanyahu's position became risky after Trump called for keeping Muslims from entering the U.S. and making controversial comments to a Jewish group.

Trump told Fox News there were many reasons he decided

to hold off on a trip, among them that he didn't want to put Netanyahu in a bind.

"You know, he said, 'We have a meeting,' and he looks forward to the meeting and all of that," Trump said. "But I didn't want to put him under pressure, No. 1. I also did it because I'm in the midst of a very powerful campaign that's going very well and it was not that easy to do. So I would say lots of different reasons."

Trump has the Republican party in turmoil over his call

Netanyahu's office had said in a statement issued Wednesday he rejects Trump's comments about Muslims but planned to move forward with the meeting with Trump.

The Republican presidential candidate, who has maintained a wide lead in most early polling, sparked criticism among many American Jews last week after speaking to a gathering of Jewish donors. He was booed after refusing to endorse Jerusalem as the undivided capital of Israel. The U.S., like most of

I'm in the midst of a very powerful campaign that's going very well. Donald Trump

for a temporary ban on Muslims entering the U.S. following last week's mass shooting by an Islamic militant couple that killed 14 people in San Bernardino, Calif.

the international community, refuses to recognize Jerusalem as Israel's capital and says the city's status must be resolved in talks between Israel and the Palestinians. THE ASSOCIATED PRESS

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Israeli officials seize dolls at port

MIDDLE EAST

Toys considered an incitement of hate: Official

About 4,000 dolls — wearing traditional Palestinian scarves and holding cloth rocks — were seized last week by Israeli authorities, who say they were destined for the West Bank.

Ram Alfia, of the Israel Tax Authority in Jerusalem, which oversees customs, said the dolls were discovered at the Haifa port. They were in two containers from the United Arab Emirates that were supposed to be carrying carpets, clothing and plastic products.

The dolls wore light brown pants and white T-shirts. The bottoms of the checkered scarves, known as kaffiyehs, were red, green, white and black, the colours of the Palestinian flag. In one raised arm, each plush toy held a small grey rock.

Two Arabic phrases — rough-



Some of the 4,000 dolls seized on a shipment bound for Palestinian stores. AFP PHOTO/HO/HAIFA CUSTOMS AUTHORITIES

ly translated as “Jerusalem for us” and “Jerusalem, here we come” — were written on the kaffiyehs.

Alfia said it was not immediately known for whom the dolls were intended.

The dolls were not declared, Alfia said, but would not have been allowed to continue on their journey regardless because they were considered an incitement of hate.

In a video statement, Deputy Foreign Minister Tzipi Hotovely said the dolls are “being used to poison the minds of the young children in the Palestinian Authority.”

Stone-throwing came to prominence during the first Palestinian uprising of 1987, when it was regarded by many Palestinians as a tactic embodying both symbolic and strategic intent. TORSTAR NEWS SERVICE

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UNITED STATES

Shelters for immigrant children planned

Federal officials plan to open three shelters in Texas and California to accommodate up to 1,400 unaccompanied immigrant children as the number of people crossing from Mexico into the United States continues to rise.

After a decline in crossings following last year's surge of children entering the United States, border crossings rose again this summer. In October and November, 10,588 un-

accompanied children have crossed the U.S.-Mexico border, according to the federal Border Patrol. That's more than double the number for October and November last year.

The increase led the U.S. Department of Health and Human Services to expand the number of beds it has for children, the agency said in a statement Thursday. The agency said it was acting "out of an abundance of caution."

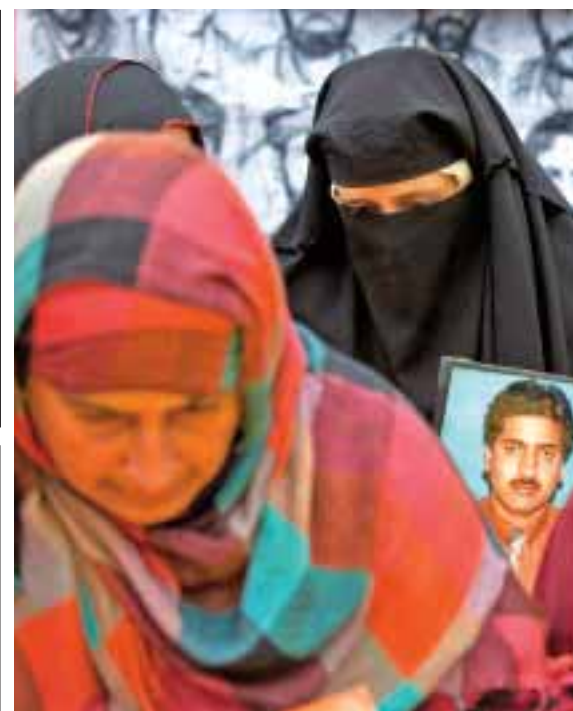
The number of families crossing the border also has gone up significantly. Figures released last month for October indicated the number of family members crossing together tripled compared to October 2014, from about 2,100 to more than 6,000.

Two Texas facilities to take in children are the Sabine Creek Ranch in Rockwall County and the Lakeview Camp and Retreat Center in Ellis County.

Both are located in rural areas just outside Dallas.

Rockwall County Judge David Sweet, the county's top administrator, said in an interview Thursday his county to take in 300 children, all from Central America.

"It goes without saying that we're very sensitive (to) the plight of unaccompanied children," Sweet said. But, he added, public safety "has to be my No. 1." THE ASSOCIATED PRESS



THE MISSING HUMAN RIGHTS PROTEST Relatives of people who have gone missing sit at a protest to mark International Human Rights Day in Srinagar, India, Thursday. According to Association of Parents of Disappeared Persons (APDP), more than 8,000 are untraceable since the beginning of the Kashmir conflict in 1989, after being arrested by Indian security forces and other security agencies. DAR YASIN/THE ASSOCIATED PRESS

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Blogger begins hunger strike

SAUDI ARABIA

Canada and family aiming for his release

Saudi blogger Raif Badawi, who was sentenced to receive 1,000 lashes for his liberal writings, has started a hunger strike after being transferred to a remote prison, his wife has announced.

In a post on her Facebook page, Ensaf Haidar said that her husband's hopes of a pardon have been dashed because Shabbat Central Prison, where he was taken Thursday, is reserved for those prisoners who have received a final verdict.

"We are very alarmed at the prison administration decision to transfer my husband to the Shabbat Central and fear it may lead to the resumption of his flogging," wrote Haidar, who lives with the couple's three kids in Sherbrooke, Que.

"We hold the prison administration responsible for any harm that Raif may suffer."

Badawi's supporters have been pushing for a review of his case, buoyed by Quebec's offer of an immigration certificate in June and word from the Saudi supreme court that it was reviewing his case.



Ensaf Haidar, wife of blogger Raif Badawi.

THE CANADIAN PRESS

Last month, Swiss Foreign Minister Yves Rossier announced that negotiations for Badawi's pardon were in the works.

Badawi, the founder of a Saudi liberal blog, was arrested in 2012 and sentenced to 1,000 lashes, 10 years in prison and a fine of more than \$325,000 for insulting religious authorities. Badawi received the first 50 lashes on Jan. 9 in Jeddah, but his punishment has since been postponed indefinitely.

A collection of Badawi's writings, 1,000 Lashes, has been published in Quebec and in October, the European Union awarded him the prestigious Sakharov Prize for human rights.

TORSTAR NEWS SERVICE



RIDING HIGH FROM MAYOR TO PRESIDENT Mauricio Macri rides towards the presidential palace after he was sworn as Argentina's new president in Buenos Aires, Argentina, Thursday. Macri, former mayor of Buenos Aires who hails from one of Argentina's richest families, took the oath of office in Congress in front of legislators, Latin American heads of state and other dignitaries, including former Spanish King Juan Carlos I. MARIA EUGENIA CERUTTI/THE ASSOCIATED PRESS

Some progress in talks

SYRIA

Insurgent group pulls out altogether

A powerful Syrian insurgent faction pulled out of an opposition conference on Thursday in protest over the role given to groups it said are close to the Syrian government, signalling continued divisions among rival factions ahead of proposed peace negotiations with President Bashar Assad's government.

Ahrar al-Sham, a Saudi-backed ultraconservative group that operates mainly in northern Syria, said in a statement that it was withdrawing also because the conference failed to "confirm the Muslim

identity of our people."

The group's withdrawal came at the end of the two-day conference in the Saudi Arabian capital, Riyadh, which sought to form a unified opposition front ahead of the proposed talks for ending Syria's nearly five-year conflict.

Two opposition members said participants at the meeting agreed on a framework that would guide the proposed talks. They established a "supreme council" made up of 32 opposition members and representatives of rebel factions that would later pick the 15 people who would negotiate on behalf of the opposition.

A senior member of the Syrian National Coalition, a Western-backed opposition group, told AP that most participants agreed on its vision

for a civil, democratic Syria and a transitional government that would respect human rights and the territorial integrity of Syria. Participants also agreed on the need to safeguard state institutions while restructuring the security forces.

Although Western leaders have recently said Assad can stay on as part of a transition for an unspecified time,

SNC and other participants at the Riyadh meeting insisted he cannot be part of a transitional government.

U.S. Secretary of State John Kerry welcomed the "positive outcome" of the gathering in Riyadh where an "extremely diverse group of Syrians put aside differences in the interest of building a new Syria."

THE ASSOCIATED PRESS



PUBLIC MEETING

THURSDAY, DECEMBER 17, 2015

Grant Park Liquor Mart - Education Centre
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7:00 p.m. – 8:30 p.m.

This is your opportunity to hear about current Liquor & Lotteries activities from John Stinson, CEO of Manitoba Liquor & Lotteries, Robert Holmberg, Vice President of Liquor Operations, and Dan Sanscartier, Vice President of Gaming Operations.

The evening will consist of a short presentation followed by a question and answer session.

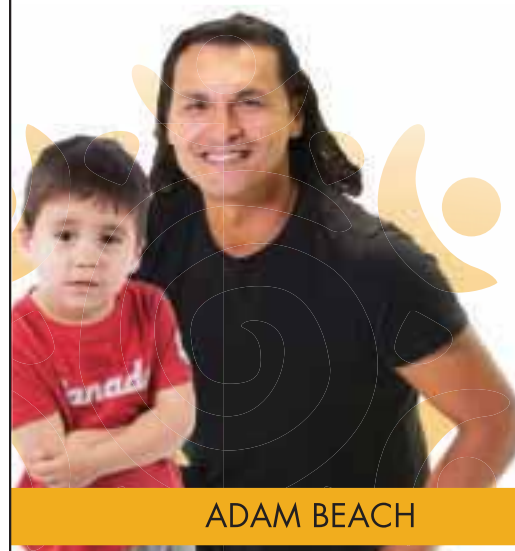
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Walmart has begun testing its own mobile payment system that will allow shoppers to pay with any major credit or debit card or its own gift card at the cash register. THE ASSOCIATED PRESS

Walmart tests mobile payment

TECHNOLOGY

Retailer going up against Apple, Google and Samsung

Walmart, the world's largest retailer, said it's launching its own mobile payment system that will allow shoppers to pay with any major credit or debit card or its own store gift card through its existing smartphone app at the cash register.

It started testing the new payment feature Thursday at its stores in the Bentonville, Arkansas area, where the retailer is based. It plans to launch the payment system called Walmart Pay in all 4,500-plus U.S. stores early next year.

It's part of Walmart's overall mobile strategy to making shopping easier and faster, but the launch is the latest salvo in the battle for mobile

payments that's in the early stages. Walmart has moved into the field as Apple's one-year-old tap-and-pay system is being expanded to other merchants like Best Buy and KFC, and several months after Google launched the Android Pay mobile wallet app and Samsung came out with Samsung Pay. They're all trying to get a piece of what could be a very lucrative business, but none of them have cracked the market so far.

The move signals that Walmart believes it's best to build its own system.

Walmart executives said that after evaluating various mobile options, they found that they had different constraints, working only on certain devices or payment types. Apple Pay requires iPhones. But Google's own tap-and-pay services, Android Pay and Samsung's Samsung Pay require Android phones.

THE ASSOCIATED PRESS

FINANCIAL KNOWLEDGE

Investments spook millennials: Poll

A new poll suggests that two-thirds of millennials are investing their money, but that most feel they don't have adequate knowledge for the task.

The poll done for CIBC found 67 per cent of Canadians aged 18 to 34 reported having investments including stocks, GICs, bonds and mutual funds.

However, 82 per cent said they didn't know enough about investing.

Meanwhile, the one-third of respondents who said they did not have any investments cited lack of financial knowledge and the fact that investing "intimidates" them as major reasons.

Not having any money to invest and other financial priorities were also

82%

The percentage of millennials who said they didn't know enough about investing.

cited as reasons for not investing.

Of those who do invest, 41 per cent said they don't get the returns they expect, while 28 per cent found it hard to develop a long-term strategy.

Sarah Widmeyer, head of wealth advisory

services at CIBC, says while it's good to see millennials recognize the importance of investing, they need help.

"Their lack of knowledge is making them vulnerable to many common investing mistakes," Widmeyer says.

The online survey done between Nov. 24 and Dec. 8 included 1,004 Canadians ages 18-34 who are Angus Reid Forum panellists.

THE CANADIAN PRESS

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IN BRIEF

El Niño threatening Canada's maple output

A late spring caused Canada's maple syrup production to fall for the second consecutive year in 2015 — and warmer El Niño weather is threatening to put a dent in next spring's output as well.

The impact would hit Quebec, the world's dominant maple syrup producer, along with Ontario, New Brunswick, Nova Scotia and syrup-producing American states like Vermont and New York.

THE CANADIAN PRESS

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Manitoba





DEENA DOUARA KARIM: ON TRUMP'S DANGEROUS WORDS

I'm weary of trying to convince people of things. That Islamophobia is prevalent and experienced by people I love. Or that what's happening today has little to do with religion.



You know how I feel about Donald Trump.

I'm a Muslim and an American, and you know how I feel about Trump.

I sat in the newsroom as he made his comments about banning Muslims from coming into the U.S. Someone referenced Hitler, it was slotted for a news page (in Toronto, a brief), and we all went about our work.

Meanwhile, I stared at the screen. Is it naïve to continue to feel disbelief when every outrageous statement is only incrementally more horrid than the one before?

I'm weary of trying to convince people of things. That Islamophobia is prevalent and experienced by people I love. Or that what's happening today has little to do with religion.

Instead, I'll tell you how it feels to hear Trump — a front-running candidate to lead the world's most powerful country — say he wants a "total and complete shutdown of Muslims entering the United States." How it feels to hear supporters say "send them all back."

You know how I feel, but I hope you'll still hear me say it.

It feels like anger. Anger at the lies Trump knowingly spews that leave Muslims as casualties in very real ways, at home and abroad. Anger at



Dark times. Donald Trump's message is designed to provoke, but it provokes pain for many who deserve better from America, Deena Douara Karim writes. THE ASSOCIATED PRESS

the blatantly false information that will shape how Americans — and Canadians, too — view their coworkers and their neighbours. "I watched thousands and thousands of people cheering," he says, of reactions to 9/11 in New Jersey — a claim supported by nothing and no one. Suggestions — a Muslim registry, ID cards — that push the boundaries of what can be thought and vocalized. And anger at the muted response. Calls here and there to remove his name from a building, snickers, headlines, to be sure. But visceral outrage? For words that so closely parallel Hitler for a population with still-living links? I have to turn to Facebook for that.

It feels like sadness. Like a friend, who was a refugee, hearing "ship them all back" from a Trump supporter. Would they send her family back, whatever the horror "back" represents? "I don't want them here," they say. "They need to go." Sadness because I suspect I have school friends who would now nod their heads, agreeing their families really would be safer this way. With sadness I recall the humour and generosity of Syrians I met years ago — the young hostel owners who shared their food, the man

who talked about films as I bought cloth from him. Sad to hear them now compared to "rabid dogs," by another candidate, Ben Carson, and know they would have showered him with the same kindness.

It feels like fear. Not fear I'll be patching crescents onto my coats anytime soon, but I do fear for the soul of the country I grew up in. What are we capable of when Trump calls waterboarding "peanuts"? Fear that people selling "anti-jihad" rifles who distribute Qur'ans for target practice will move into the mainstream, acknowledged and accepted in this "anti-political-correctness" ethos.

It feels like worry. Like hearing friends select baby names based on their sounding not-too-Muslimy. Worry for how refugees — from Syria, Afghanistan, and Iraq — will be received and what future awaits them when many in the world's wealthiest nation see them as ticking time bombs.

It feels like bafflement. How the very people who accept thousands of casualties from guns will take all measures to brace against a single death by "Muslim." Gun-rights principles above all, but no principles that stand by people like me.

It feels like frustration. Hearing experts agree that inflammatory rhetoric leads to greater isolation and radicalization in dark and vulnerable corners at home, and emboldens groups like ISIL abroad, meaning that Trump and his compatriots help create the world they purport to combat. Frustration because high-profile comments give people permission to express their nastiest inclinations. Frustration with the lack of transparency around mass killings when they are perpetrated by Muslims — who always wind up dead, and who always inspire alternate stories, "conspiracy theories," difficult to ignore.

There is no need to reassure me Trump will not win the presidency, or that a registry system would never pass. It does not matter. Trump is no lone loon — he has support and admiration; has other candidates seething that he's captured the hate vote.

The statements that evoke these feelings are harmful, now. They have repercussions, now. And they change the America that I grew up in, now.

Deena Douara Karim is a journalist and photographer. She tweets at @Deena_Do.

ROSEMARY WESTWOOD

metroview

For a joyful New Year's prediction, just talk to Tomson Highway

Tomson Highway's aura is infectious. His grin. His self-described "spectacular joy."

"I have a mental condition that is worsening as I get older. It's called ridiculousness," he says right after we meet, looking thoroughly pleased. For the next 10 minutes every answer contains a punchline.

"Shall we disrobe?" he asks playfully, taking off his oversized track jacket. He wears square glasses and a black turtleneck that he pushes up over his ears as we talk.

The acclaimed playwright novelist and pianist is in Toronto for a cabaret retrospective of his work, *Songs In The Key of Cree*, on Sunday. Highway, a classically trained pianist, has been writing songs for 14 years, the kind that, at a recent run in Saskatoon, garner standing ovations so great even "people in wheelchairs leaped from their wheelchairs!"

"Language is music," he says — one of his oft-repeated lines, and notes I've been laughing in 4/4 time.

Highway speaks Cree, French and English among others, and travels extensively "for the beautiful people" and the languages.

He's called himself a linguistic activist, and argues each language contains "a secret to the functioning of the human organism." Learning a new tongue offers insight, he says, and that chance to truly listen.

I ask him about Prime Minister Justin Trudeau, who

won praise this week for his new attitude to indigenous Canadians.

"Yes, he's opening his mind and his heart, and he's listening," says Highway. Compared to Stephen Harper, who had a "heart of ice" and spoke only of the economy, Trudeau is "talking about human issues, issues that matter to humanity. That means there's room for change," he says.

And Highway sees Canada's Aboriginal Peoples on the precipice of great change. He believes pain and trauma are the birthplace of beauty and creativity. From manure, as he puts it, comes vegetation.

"I think we're on the verge of something extraordinary as native people. Collectively as a nation, we have suffered a certain kind of trauma, which brings us to the threshold of extraordinary achievement. That's what I'm here to help with, to help open to the door to extraordinary achievement, and I think it's going to be spectacular."

I tell him that's the best prediction for the New Year I've ever heard.

Highway — who speaks far too quickly for note-taking — seems like he could philosophize like this forever, but nothing serious can ward off his humour. He makes a joke about flattery and flatulence as we shake hands goodbye.

"Every moment of every day should be an act of joy," he says. "I dance down the street."

It feels like fear. Not fear I'll be patching crescents onto my coats anytime soon, but I do fear for the soul of the country I grew up in.

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The Power to Surprise

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A whale of a tale... hold the fat



Chris Hemsworth isn't the only actor to change his weight for a role, but the practice can take its toll on the body. HANDOUT

IN THE HEART OF THE SEA

Hemsworth lost 33 pounds to play sailor

Richard Crouse

For Metro Canada



In the Heart of the Sea features less of Chris Hemsworth than we've seen on screen before. He's in virtually every scene, but for much of the film the usually bulked up Thor star is set adrift in a raft, starving and physically much less imposing than usual.

The movie is an old-fashioned whale of a tale. Literally.

Based on the true story said to have inspired Moby Dick, it's

about whalers battling not only repeated assaults from the one whale who fought back, but also malnourishment and dehydration.

At sea for three months in tiny whaleboats the men are pushed to the edge of sanity, taking drastic steps to survive.

To convincingly play a starving sailor Hemsworth trimmed 33 pounds off his already toned 6'2 3/4" frame.

"My crazy diet would make you pass out from exhaustion," he said. At certain points he was eating just 500 or 600 calories — that's less than a combo lunch meal at most fast-food places — in the form of a boiled egg, two crackers and a celery stick a day.

Hemsworth and his underfed cast mates passed away the time with conversations "about our



MOVIE RATINGS by Richard Crouse

In the Heart of the Sea ★★★
The Danish Girl ★★★
Carol ★★★★
Youth ★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

favourite foods and what we would eat when we finished the film."

The actor says losing that amount of weight isn't something he'd like to do again, but adds, "by those final sequences when we were supposed to be exhausted and emotional. We were feeling that way off screen too, so it helped."

Dramatic weight loss isn't new — actors have been yo-yo dieting for roles for years — but

doctors say rapid body mass reduction can lead to malnutrition, maladies like gallstones and worse. In other words, as Christian Bale who dumped 60 pounds for his role in The Machinist says, "It ain't great for your health."

Still, actors take on dramatic diets to aid in their dramatic work. Anne Hathaway dropped 25 pounds by food deprivation and exercise to make Les Misérables while Matthew Mc-

Conaughey survived eating only Diet Coke, egg whites and a piece of chicken a day to play AIDS patient Ron Woodroof in Dallas Buyers Club. According to The Playlist he stopped dieting when "people stopped asking if he was all right and started suggesting he seek help."

Just as common are actors who gain weight. Russell Crowe gained 63 pounds to play a CIA bigwig in Body of Lies, George Clooney gained 35 pounds for Syriana and Renee Zellweger gained 30 pounds for Bridget Jones's Diary, lost it, only to regain it for the sequel.

Jared Leto who lost 40 pounds to play Rayon in Dallas Buyer's Club, gained 67 pounds for the film Chapter 27 by drinking melted pints of chocolate Haagen Dazs ice cream mixed with

olive oil and soy sauce "to get me bloated even more."

Why do actors alter their bodies? Some call it dedication while cynics suggest it's an easy Oscar. Physical transformations (plus acting talent) brought Robert DeNiro, Charlize Theron and McConaughey to the winner's circle.

But some actors have sworn off manipulating their weight. Jim Carrey turned down a role in the Three Stooges biopic that would have required him to gain 40 to 50 pounds and Tom Hanks blames gaining and losing weight for roles with him developing Type 2 diabetes.

"I've talked to a number of actors who have gained weight for roles and — just out of the sheer physical toll on one's knees and shoulders — no-one wants to do it again," he told the BBC.

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Alicia Vikander was nominated for a Golden Globe award for best actress in a motion picture drama for her role in *The Danish Girl*. FOCUS FEATURES VIA AP

Learning to let go

INTERVIEW

Vikander talks the emotional journey of a historic couple

Matt Prigge
Metro | New York



Before she read the script, Alicia Vikander says she wasn't aware *The Danish Girl* had a strong second female role. It's the tale of Lili Elbe (played by Eddie Redmayne), one of the first people, in the 1920s, to transition from male to female. That also meant parting ways with Gerda, her wife from when she was Einar, an esteemed painter. The *Ex Machina* actress takes the other lead, and she says — speaking to us while making the next *Bourne* movie — the film explores both a transgender pioneer and what her transition did to her relationship with Gerda, who had to find strength to let her go.

You do a lot of period films, from *A Royal Affair* to *Anna Karenina* to *Testament of*

Youth. Do you sometimes feel lost going from one era to another?

I get stuck in them. Sometimes I don't know what century I'm in. But it's a great skill to have as an actor, to have sets and costumes already there. It does a lot for you to be able to throw yourself into a new story and immediately get a sense of the world you're in when you get there.

The *Danish Girl* does bring you back to portraying Scandinavian culture.

It's part of my history and my life growing up. Back during *A Royal Affair*, I loved being back in the 18th century. I was able to find personal connections to Caroline Mathilde (her character), and it gave me a lot to being someone's voice from such a long time ago.... With *The Danish Girl* we tried to find historical inspirations, but it was also about meeting people, who had such generosity, in the transgender community, especially people like my character who had been friends or loved ones of people transitioning.

What kinds of things did you learn from people who had

been close to people transitioning?

Every single story ends up being extremely different. Sometimes they said it was tough to give them that time. They said they were also transitioning. Like any couple going through a huge change, they both needed to find their feet on the ground in a new location. That's something I could relate to with whatever you're going through as everything's changing around.

I'd argue this is also a great break-up film, and one that isn't about a couple who split bitterly. It's about their struggles to maintain a connection despite parting ways.

Love includes being able to let that person go, the person you love the most. You still have affection for someone, even when things get bad. It was a unique story, but I was amazed by the romantic aspect, and the love between them. Of course they go off on different roads, but they go on the same journey.... They know that and they're still able to reach out and tell the other person they're connected somehow. That's something I felt from page one to the end.

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Balancing the funny and the serious

PEOPLE PLACES THINGS

Kiwi actor departs from his usual roles in new film

Steve Gow
For Metro Canada



Jemaine Clement is perhaps Hollywood's least likely leading man — if only because he doesn't really want to be one.

"I've had a couple of things that were more dramatic or more a leading role (but) I wasn't interested in doing a leading role," explained the Kiwi comic-actor over the line from New Zealand.

"I think I just wanted to do other kinds of things like writing and doing music."

One half of the popular Flight of the Conchords, Clement has been active since the comedy duo's HBO series final episode aired in 2009 but mostly working in the shadows as a supporting player in movies like Dinner With Schmucks or Muppets

Most Wanted.

With this Friday's VOD release of the dramedy People Places Things however, Clement took on the rare role as leading man because "this time the idea didn't bother me; it didn't intimidate me like it once did."

In the film, Clement plays a graphic novelist flailing emotionally after he catches the mother of his twin girls having an affair with a mutual pal.

Forced into single fatherhood, he must juggle the minefield of being a dad and dating in Manhattan.

"Usually if someone is failing as a father, they're (less) in the story and you may not see that they have good intentions — you may not see that they're trying," said Clement, of his pull to the part that's drawn praise for its delicate balance of humour and hardship.

"Like real life, it's not all jokes and it's not all sad — it's somewhere in between."

Although Clement has been lauded for this compassionate leading man, he insists his aspirations lie in



Jemaine Clement, with Aundrea Gadsby and Gia Gadsby, in *People Places Things*. HANDOUT

remaining a supporting actor.

In fact, he has even begun talking with his former partner Bret McKenzie about reuniting Flight of the Conchords — although a return

to television is rather unlikely.

"It was like making a sitcom and recording an album in the time that you'd usually do one of those things.

Either one of those things is hard enough," reminisced Clement.

"I enjoyed that (but) it's just that in the whole TV series, it was a lot to do."

FAVOURITES

Jemaine Clement's favourite person, place and thing:

Favourite person

"Probably my son," admitted the comedian. "Usually I would answer my mum so it's between them — they have to fight it out."

Favourite place

"The Coromandel in New Zealand is really beautiful," said Clement of the country's popular holiday destination. "But New York is my favourite city so that will just have a battle too."

Favourite thing

"That's easy, my guitar," laughed Clement, who is planning on reuniting with his musical partner for Flight of the Conchords. "We have been hanging out and doing a little writing. It's not intensive yet (but) in a few months we'll be back into it."

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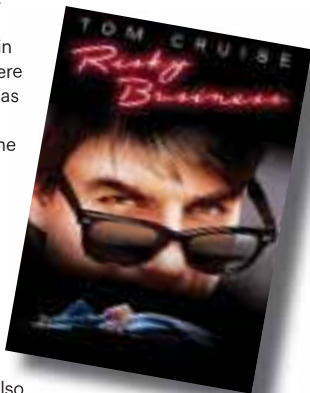
HOW WELL DO YOU KNOW: TOM CRUISE?



In his prime, Tom Cruise was the ultimate in cool: one of the biggest heartthrobs in Hollywood who helped a certain sunglasses company sell millions of pairs just by wearing them... and wearing them well. That's carried him through an amazing four decades of success. From his breakout performance in the 1980s dark comedy *Risky Business* (playing this month on Hollywood Suite) to more recent turns in thrillers like the *Mission: Impossible* series, Cruise has had an unparalleled run of box office hits over the years.

Take a look back at Tom Cruise during his rise to fame with some facts that might surprise you:

- ❁ Cruise and his family lived in Ottawa from 1971 to 1974 (where he attended the same school as Bryan Adams!). His dad — an engineer — was working for the Canadian military at the time.
- ❁ The iconic *Risky Business* underwear dance scene was improvised — the script said only, "Joel dances in underwear through the house."
- ❁ Cruise earned his pilot's license in Markham, Ontario, during the filming of *Top Gun* — a movie for which he also learned to ride a motorcycle.
- ❁ Cruise was almost cast to play Kevin Bacon's part in *Footloose* (1984), but had to back out because of scheduling conflicts.
- ❁ He was the first actor to star in both the Oscar winner for Best Picture, *Rain Man* (1988) and the Razzie "winner" for Worst Picture, *Cocktail* (1988), in the same year.
- ❁ The Disney character Aladdin (1992) was modelled on Tom Cruise's good looks.



Rediscover Tom Cruise's rise to Hollywood powerhouse through the '80s and '90s. Starting Dec. 8 and running until Jan. 12, Hollywood Suite is offering a free preview of uncut and commercial-free movies that shaped the '70s, '80s, '90s and 2000s. Available on television service providers across the country, this free preview includes access to Hollywood Suite On Demand, where available. Featured films include *Risky Business* and such Cruise classics as *Days of Thunder* (1990), *A Few Good Men* (1992), *The Firm* (1993), and *Mission: Impossible* (1996).

HOLLYWOODSUITE



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THE TV DINNER JESSICA ALLEN



Director Ron Howard's *In the Heart of the Sea* is the latest reimagining of the 1820 sinking of the American whaling ship *Essex*. After a sperm whale attack destroyed their vessel, 20 sailors were shipwrecked at sea thousands of miles off the coast of South America. Only eight men survived, partly on account of cannibalizing those who didn't.

Chris Hemsworth plays Owen Chase, the *Essex*'s first mate who wrote a book in 1821 about the ship's horrifying final voyage. That book provided inspiration for Herman Melville's *Moby-Dick* in 1851. Meanwhile, Nathaniel Philbrick read both Chase and Melville and published *In the Heart of the Sea* in 2000, which Howard has now turned into a movie, which you can see starting Friday.

"Don't you remember how terrifying it was?" Simon recently asked of Philbrick's acclaimed best-seller. "I think it's the only book that gave me actual nightmares."

"I read it?"

"We both read it," he re-

"I think *In the Heart of the Sea* is the only book that gave me actual nightmares"

THE MOVIE:
In the Heart of the Sea



THE MEAL:
Cod au gratin



minded me, "in Newfoundland."

That was 10 years ago. I had planned for months to go live by myself in a tiny outpost called Grand Bruit, where my dad owned a house. Although I'd never published a single word, I was going to write a novel. A few months before I left Toronto I made another leviathan leap: although we'd only been dating for about eight months, I asked Simon to come with me.

Imagine this: no cars, no roads, a general store, a church, a school, which two 12-year-olds attended, and some 30 permanent residents. We arrived in autumn and stayed through the winter. When we ice-skated on the endless network of frozen ponds nestled high up in the tuckamore-covered hills, it felt like we lived in a snow globe. Everywhere we looked — towards the

ocean, the mountains, the cheerfully coloured saltbox houses — was picture-perfect. If only Instagram had existed.

And we read. The book that I most associate with Grand Bruit is *Moby-Dick*. I don't think that's entirely on account of it being the great American novel. It was the time — I was just about to turn 30 — and the place: sitting at night in front of the old Franklin stove with the wind whipping so fiercely outside that it felt like the house — which, coincidentally, reminded me of a ship's hull — would blow down.

We also ate: chow chow and copper pennies, partridgeberry pudding and bakeapple cheesecake, cod tongue, boiled vegetables flavoured with salt pork, salt cod flavoured with salt pork, and, my favourite, cod au gratin.

On Sunday night I pulled

out my well-worn copy of *What's Cooking in Grand Bruit*, a collection of recipes compiled by the United Church women's association. There on page 25 was a cod au gratin recipe: make a roux of butter, flour and milk; add onion; pour over fresh cod fillets; top with bread crumbs and grated Cheddar cheese; bake.

It was so simple to make — and satisfying — that I wondered why I haven't made it more often. Maybe because my cod au gratin will never be as memorable as the fine people who made it for us, and cared for us, all those years ago.

And the novel I was supposed to write? In those six glorious months I wrote 12 pages. But boy, did I live.

Jessica Allen is the digital correspondent on CTV's *The Social*.

ENTERTAINMENT BRIEFS

Matt Damon to speak at MIT where he once played a janitor

Matt Damon shot to fame in the 1997 movie *Good Will Hunting* as a gifted janitor at the Massachusetts Institute of Technology. Now, he has been selected to deliver the university's 2016 commencement address.

MIT announced Thursday that the Academy Award-winning actor, filmmaker, social activist and Cambridge native will address graduates on June 3.

Damon said in a statement that it's an

honour to be named commencement speaker "at a school that I couldn't have gotten into."

MIT President L. Rafael Reif says Damon has "made us think about our world in new ways, and through his service, he has made it a better place." THE ASSOCIATED PRESS



Matt Damon
GETTY IMAGES

Michelle Obama and Jay Pharoah of SNL rap a 'go to college' video

America is seeing a new side of Michelle Obama, this time as rap artist.

The first lady and "Saturday Night Live" actor Jay Pharoah rhyme on a new video to encourage students to "go to college" and "fill your head with knowledge."

She also sings a brief solo about her Chicago hometown, with body movements and facial expressions like professional rappers.

The video is part of Mrs. Obama's new Better Make Room campaign to pro-

ON COLLEGE HUMOR SITE
The video is part of Mrs. Obama's new Better Make Room campaign to provide teens with the resources they need to pursue higher education.

vide teens with the resources they need to pursue higher education.

The campaign is part of a broader initiative by the first lady to encourage students to continue their education after high school.

The comedy website College Humor released the brief video Thursday. THE ASSOCIATED PRESS


Chris Hemsworth and Charlotte Riley in the action adventure *In the Heart of the Sea*. CONTRIBUTED

Inside the heart of Chris Hemsworth

INTERVIEW

Actor talks fame, Thor and working with Ron Howard

Hosting Saturday Night Live earlier this year, Chris Hemsworth exaggerated his swift ascent in Hollywood: "If a jacked Australian with a perfect face can make it, anyone can," he said in a mock American Express ad.

Hemsworth, the 32-year-old Australian actor known the world over as Thor, appears as if perfectly chiseled out of movie star granite. But whatever his considerable natural gifts, Hemsworth has proven an interesting actor inclined to use his powerful screen presence in roles that both exalt it and upend it.

In *In the Heart of the Sea*, which opens Friday, he reteams with Ron Howard, who directed him in *Rush*, the 2013 movie that yielded Hemsworth's most confident starring performance as the Formula One driver James Hunt.

In *Heart of the Sea*, a recounting of the plight of the Essex (the cursed whaling ship that inspired Herman Melville's *Moby-Dick*), Hemsworth plays the swashbuckling first mate. Shipwrecked by a mammoth sperm whale, Hemsworth's heroic seaman is humbled, left a gaunt survivor.

It's the kind of duality that defines Hemsworth: a hunk but a family man (he has three kids);

an Avengers superhero but a talented comic actor. Along with his shirtless cameo in *Vacation* and playing the receptionist in the upcoming *Ghostbusters*, he hosts SNL again on Saturday.

In a recent interview, Hemsworth discussed his new film, the box-office disappointment *Blackhat* and the stresses of being a Norse god.

Do you ever feel any pressure to live up to Thor?

You feel like you've tricked everyone successfully. I never felt big enough playing Thor. And then people talk about you like you're nine-foot tall and 800 pounds. I'm well aware of the illusion. There's not a second where I go: Yeah, I'm a god.

Are you aware there's another Thor in New York right now? It's the nickname of the hard-throwing New York Mets pitcher Noah Syndergaard.

(Laughs) I'll look him up! I think he's far more godlike than me.

The best scene of Thor must have been when Thor tries coffee for the first time, slams it on the floor and demands another.

It's funny, that's probably closer to me than the serious, gladiatorial-type Thor. I'd rather have fun with it. It comes easier. When doing Thor, those scenes where he (lowers voice) spoke like this and everything was grand and big, people thought:

That's what he is. Saturday Night Live and *Vacation*, as well, are good opportunities to go: Actually it's not.

What was your experience on Michael Mann's cyber-crime thriller *Blackhat*, which some critics defended but which flopped at the box office?

Really hard, actually. I love Michael and it was great. But I do wish I had done more of what I truly wanted to do. I remember being so in awe of him that I said I would just do anything he said, regardless of whether I agreed with it. And that's a real danger because someone hires you because they want you to bring what you're going to bring to the table. I was just so in awe of Michael Mann that I went, "Yep, cool. Wherever you want me." So I don't feel like it was my performance so much. And that wasn't the fault of Michael Mann.

You and Howard, however, seem to be a good team.

I can't speak for him but for me (*Rush*) was the first time I felt I was truly in an environment where I could just take risks and explore. Something felt sort of pure about that experience. And it was probably the role, too, something I directly related to or liked about that character. Full of insecurity and fear but also cockiness and overconfidence. It was all these contradictory things.

THE ASSOCIATED PRESS

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Serial season two is here

PODCASTS

Taliban prisoner's story to be a TV show

The widely popular podcast *Serial* has arrived.

In the highly-anticipated second season, NPR producer Sarah Koenig tells the story of Bowe Bergdahl, a U.S. soldier who was taken prisoner by the Taliban after disappearing from a base in Afghanistan in 2009.

After five years in captivity, Bergdahl was released in a prisoner exchange and U.S. President Barack Obama announced that he was on his way home.

But, as Koenig explains, while Bergdahl's release was initially celebrated, "public reaction to his return flipped."

Soldiers from his unit called him a deserter and the U.S. army launched an investigation into how he was taken prisoner.

"Through all of this, Bergdahl has been quiet. He hasn't spoken to the press or done any interviews on TV. He's been like a ghost at the centre of a raucous



Sgt. Bowe Bergdahl, the focus of *Serial*'s second season, was held prisoner for years by the Taliban. THE ASSOCIATED PRESS

fight," *Serial* explains.

In the first episode — called "DUSTWUN," the military acronym for "duty status — whereabouts unknown," which is available online — listeners hear Bergdahl's voice, from about 25 hours of taped phone conversations with filmmaker Mark Boal.

"There I was in the open desert

and I'm not about to outrun a bunch of motorcycles," Bergdahl tells Boal near the end of the episode about how he was taken. "I couldn't do anything against six or seven guys with AK47s. They pulled up, and that was it."

Boal, who wrote and produced *Zero Dark Thirty* and *The Hurt Locker*, is Koenig's production

partner for season two.

"This one idiosyncratic guy makes a radical decision at the age of 23, to walk away into Afghanistan, and the consequences of that decision, they spin out, wider and wider. And at every turn you're surprised, the picture changes," Koenig says in the first episode about Bergdahl's story.

"To get the full picture, you need to go very, very small, into one person's life — and also very, very big, into the war in Afghanistan."

People quickly took to social media to celebrate the podcast's return.

"More intriguing than I expected w. bergdahl's story," wrote Twitter user Lauren Woods, "guessing it will get even better."

"Raise your hand if all you really care about is listening to the first episode of season 2 of @serial," added Claire Cole.

And some were already hooked. "Just listened to *Serial* season 2. Pretty much got me engrossed. I'm into this story," wrote Amy Hoag.

Season two — which will be told over eight to 10 episodes, Koenig told the *New York Times* — is being developed into a TV show. TORSTAR NEWS SERVICE

TV PERSONALITIES

Nardwuar recovers in hospital from stroke

Offbeat celebrity interviewer Nardwuar the Human Serviette is recovering from a stroke in Vancouver.

The humorous TV personality and musician, whose real name is John Ruskin, has the news posted on his Twitter account.

The posting issued Wednesday night says the 47-year-old YouTube star suffered the stroke at a party in Vancouver.

It also says he's recovering at Vancouver General Hospital.

The nasally voiced Vancouver native is known for his eccentric approach to interviews, which he conducts in a tartan tam cap.

His interview subjects have ranged from Snoop Dogg, Chuck D, Iggy Pop and Katy Perry to Rush's Geddy Lee and former U.S. president Gerald Ford. THE CANADIAN PRESS



Chuck D and Nardwuar in Austin, Texas. THE CANADIAN PRESS/HANDOUT



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5 THINGS YOU NEED TO KNOW ABOUT THE GOLDEN GLOBES

1 Oops!

The Golden Globes' official Twitter account was drawing flak even before the nominees were announced after mistaking presenter America Ferrera for Gina Rodriguez.

In a series of tweets, which have since been amended, the Globes linked to Rodriguez's twitter account (@HerelsGina) instead of Ferrera's (@AmericaFerrera).

Luckily, attentive social media users did what they do best and captured the offending tweets — while throwing in some snarky responses for good measure.



2 Canada's sole nominee

Irish-Canadian author Emma Donoghue was the only Canuck to pick up a nomination this year. Donoghue, who is based in London, Ont., got the nod for the adaptation of her novel, *Room*. The book tells the story of a young boy and his mother who are held captive in a shed. The film won the People's Choice Award at the Toronto International Film Festival earlier this year and has been generating major Oscar buzz. Directed by Lenny Abrahamson, the movie also picked up Golden Globe nominations for best film drama and best film actress in a drama for Bree Larson, who plays the child's mother.



3 Must-sees before 2015 ends



Several big-screen nominees are not even being released until Christmas. Leonardo DiCaprio is nominated for *The Revenant*, a film about a 19th century frontiersman that is also in the running for best motion picture - drama, best director and best original score. Will Smith is nominated for *Concussion*, which tells the story of the doctor who discovers the prevalence of brain damage in professional football players.

4 No surprises here

It's no surprise that Julia Louis-Dreyfus picked up another nomination for her starring role in HBO series, *Veep*. It's Louis-Dreyfus's fourth nomination for the comedy, and the seventh in her career. Box office hit *The Martian* received three nominations: best picture comedy, best director (Ridley Scott) and best actor (Matt Damon). Released in October, the two-hour-plus sci-fi comedy has already grossed more than \$221 million in the U.S.



5 The omissions



Kevin Spacey, who took home the Golden Globe for best actor in a TV drama last year for *House of Cards*, was shut out this time around. *Mad Men* only got one nomination for its final season — Jon Hamm is up for best actor in a TV drama series.

And despite generating Oscar buzz and picking up Golden Globe nominations for best picture, best screenplay and best director, the ensemble cast for Boston Globe investigation drama *Spotlight* came up empty. Mark Ruffalo was nominated for another film, *Infinitely Polar Bear*, in which he plays a man with bipolar disorder.

TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

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BIOPHORA
SCIENCE MADE SIMPLE

Jimmy Iovine: A year at Apple Music

INTERVIEW

Executive talks DJs, Drake, human-curated content

When Apple Music elbowed their way into the streaming market, they were late to the party: Songza had consciously coupled with Google Play, Spotify's catalogue granted every musical wish (that wasn't Taylor Swift) for free, and Tidal had an 18-artist supertrust of owners, including but not limited to Jay Z, Beyoncé, Kanye West, and Daft Punk.

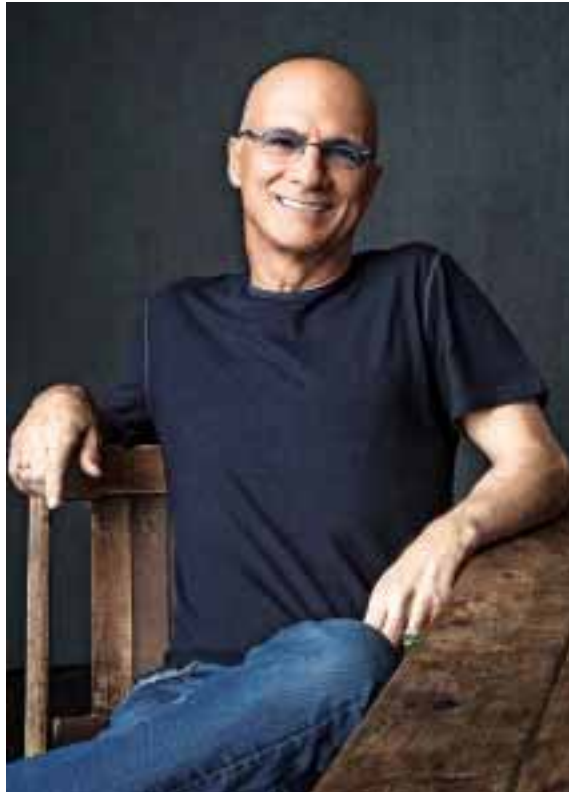
But like the guest that everyone was waiting for, all eyes turned to Apple Music when it arrived fashionably late last June, shepherded by Jimmy Iovine.

"We've only been open five months," Iovine, 62, says over the phone. "That's a short time. When you're at Apple it's not a short time because all eyes are on you from the minute you think about hatching."

As Apple drops its Best Of list, Iovine looks back on Apple Music's first year.

March: Get Lowe

Iovine made it an early priority to poach beloved BBC DJ Zane Lowe. "We went out and got who we felt was the best guy in the world for discovering new artists," says Iovine. Lowe's show on Beats 1 radio has had



"Are we there yet? No! Is it a work in progress? Yes!" Apple Music's Jimmy Iovine says of the company. CONTRIBUTED

such exclusives as an hour-long interview with Adele and first cracks at tracks by artists such as Coldplay and Skrillex.

June:

What A Time To Be Alive

When Apple Music launched,

they only needed two superstars: Torontonians Drake, and The Weeknd, who performed I Can't Feel My Face for the first time at the launch. Drake has since peppered the service with exclusives, such as his dad jivin' Hotline Bling video and

Top 3 Songs on iTunes in 2015

TORSTAR NEWS SERVICE

1 Uptown Funk, Mark Ronson (feat. Bruno Mars)
This throwback jam was the biggest hit of 2015.



2 See You Again, Wiz Khalifa (feat. Charlie Puth)
The hip-hop tribute scored the touching climax to Furious 7.



3 Thinking Out Loud, Ed Sheeran
Sheeran's guitar ballad bloomed during wedding season.

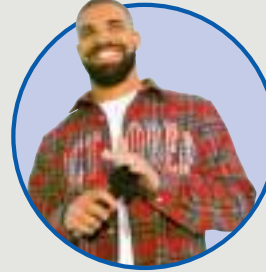


Top Albums on iTunes in the last year

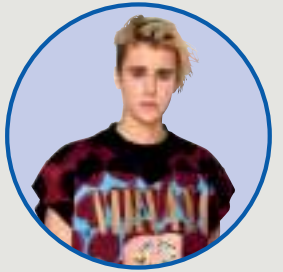
1 25, Adele
The British ballad belter's record beat every other album released in 2015.



2 If You're Reading This It's Too Late, Drake
What release strategy? Drake's mix tapes didn't need marketing.



3 Purpose (Deluxe), Justin Bieber
Bieber joins the Canadian invasion of the albums' chart.



his team's OVOSOUND Radio show. "He's a very progressive artist as far as technology is concerned," Iovine says.

July: Press Playlist

A crusader for human-curated content, Iovine personally listened to thousands of playlists, from Trap Soul to Cleaning Up After The Kids, that had been developed by hundreds of Apple employees. He has a tip for aspiring New Year's Eve

playlist makers. "The whole thing about playlists is what song comes next," he says.

November:

You Had A Bad Day

On November 19, Iovine clumsily tried to underline Apple Music's usability on CBS This Morning by saying, "I've always known that women find it very difficult at times, some women, to find music."

The backlash online was

immediate.

December: Beats 2.0?

For all the service's success, Iovine is not done yet. "Like anything you're creating, I'm thrilled with some stuff, not so thrilled with other stuff," he says. "I like where we are with our audience reach, I like where we are with our subscriber base so far, I like where we are musically."

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Dec. 17 will mark one year since U.S. President Barack Obama ordered the reestablishment of diplomatic relations between the United States and Cuba.

As it stands now, restrictions imposed by the embargo have only been eased through executive action and pertain mainly to travel and telecommunication. But change, albeit small, can be readily seen.

Walking down the streets of Havana, it is not unusual to see locals wearing clothing adorned with the American flag. Even taxis with American flags hanging in the window or dangling from rearview mirrors have become commonplace.

The island nation cannot yet fully embrace any real change, however, as it is up to Congress to lift the embargo that went into effect back in 1961. While the previous 113th Congress may have been one of the most unproductive congresses in U.S. history, the current 114th Congress seems to be on a better track.

So if you're planning on escaping the cold Canadian winter, Cuba should be on the top of your list as it may be the last chance to see it in its current state.



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Fly off to the Panhandle this winter

FLORIDA'S HIDDEN GEM

Bohemian hamlet, oyster capital among road trip stops

Steve Gow
For Metro Canada



This time of year, sun-seekers look south to Florida for an easy winter warm-up. But while the Sunshine State is mostly known for its massive family theme parks or Miami's nightlife, there is an overlooked side that's equally as enchanting: the Panhandle. Here's a quick look at the best of the state's northern coastline.

Pensacola

A great starting place, Pensacola delivers the liveliness of a major city alongside an eight-mile stretch of unspoiled beach that's practically deserted this time of year. Relax in the sun or wander around Fort Pickens — a well-preserved Civil War-era garrison located at the beach's western tip that notably included Apa-

che warrior Geronimo among its historic internees.

For airplane buffs, the National Naval Aviation Museum is a world-class gallery complete with more than 150 aircraft, flight simulators and an IMAX theatre. Stay at the Margaritaville Beach Hotel and watch dolphins splash from your balcony as the spectacular sun rises over the Pensacola Pier.

The Emerald Coast

East of Pensacola, this beautiful coastline doesn't just possess pristine beaches but the unique town of Destin (known as the "World's Luckiest Fishing Village") is where anglers can reel in deep-water fish thanks to a nearby 100-foot underwater drop-off.

As you travel further east, don't miss Grayton Beach — a bohemian hamlet with one of the most idyllic beaches in America. While there, grab a drink at The Red Bar, a funky jazz club that's hosted such celebrities as Sheryl Crow within its kitschy art-covered walls. Finish the day at Panama City Beach with its many garish roadside attractions of go-karts and pirate-themed mini-golf.



The Pensacola Pier in front of the Margaritaville Beach Hotel at sunrise. STEVE GOW/FOR METRO

The Forgotten Coast

Before the coastline begins to curl south lies Florida's most seductive secret — the Forgotten Coast. The historic town of Apalachicola bleeds charm with its Victorian architecture and old brick warehouses. Once a main port for the cotton-boom era, Apalachicola is now the

oyster capital of Florida, evident by the thousands of shucked shells adorning gardens and walkways. Try fresh mollusks at the popular Owl Café where you can wash the delicacies down with local ale from Oyster City Brewery.

For a real antebellum experience, stay at the Gibson Inn, a

108-year-old mansion wrapped in wide, white porches. For a great day trip, drive 90 minutes north to Wakulla Springs State Park to swim amongst endangered manatees and stop in Sopchoppy en route for a glimpse at the mysterious white squirrels that inexplicably inhabit the area — truly a wonder to behold.

+ LOCAL EATS

Sno-balls

A popular treat of shaved ice topped with a variety of flavoured syrups and cream is best served near Pensacola at Tommy's Sno-Balls — a beloved roadside shack with hundreds of varieties that include kitschy names like Worm Juice and Alligator Blood.

Grouper sandwich

In Florida's Panhandle, you can't go wrong with any fresh local seafood; however, the grouper sandwich is a Gulf Coast specialty. A meaty, light white fish, the grouper makes for a very flavourful feast whether grilled, fried or blackened.

Tupelo honey

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Seal those gifts with the best deal

SHOPPING TIPS

Sites like GiftFind helps shoppers find name-brand products

Camilla Cornell

Jason Brown has been building websites for businesses since he was 16 years old. But October of this year marked his most ambitious project. As founder and CEO of GiftFind.ca, the 26-year-old unleashed his comprehensive price comparison site just in time for the busy holiday shopping season.

"I shop online a lot," says Brown. "But it can be a big headache. Many retailers sell the same products and it can take you hours and hours to find what you're looking for at the cheapest price."

Brown launched GiftFind.ca to fill a perceived hole in the

Canadian market by helping consumers locate name-brand products at the lowest possible cost. "I felt there wasn't anyone in the marketplace doing a good job at aggregating all the really good e-commerce sites and making the experience easy for Canadians," he says.

His website features more than 300 million products from 500-plus retailers such as Amazon, Best Buy, Home Depot and Walmart. "Every big name in shopping is represented," says Brown. GiftFind.ca doesn't sell any products, but rather directs users to the stores with the lowest prices selling the items they're seeking.

Shoppers can check out the site's product and video reviews to narrow down shopping choices.

And if you're stuck on what to get a niece or nephew for a milestone birthday, you can type '21st birthday gifts' into the tool bar to get ideas. (Potential GiftFind options included a T-shirt emblazoned 'Made in 1994' and the Big Bad Ass Book of Shots.) "We have colour and price filters

as well, so you can customize your search," says Brown.

Brown expects a GiftFind mobile app to be released soon as well, but in the interim, he says, you can access the website on your smartphone if you want to make sure the deal you've found in a bricks-and-mortar store stacks up with the lowest prices online.

GiftFind is the newest shopping comparison site, but it certainly isn't the only one available in Canada. ShopBot.ca has been a player in the market since 2004 and offers a full range of shopping categories from computers to wine and gifts, as well as a collection of products and stores you may not find on other price comparison sites. It too directs you to the retailer with the lowest price. And fully two-thirds of its retailers are Canadian.

In addition, ShoptoIt.ca, launched in 2005, boasts a comprehensive selection of stores and products and Pricegrabber.ca and PriceFinder.ca both offer a product selection more heavily weighted on the side of electronics.



As you rush to get that holiday shopping done, there are tools out there to help you find the best price online. ISTOCK

Holiday helpers

Getting ready for the holidays can be stressful! Keeping track of gifts, planning get togethers, while staying on budget, is challenging. Here are a few apps to make the holidays go a little smoother.

Ink Cards - Free iOS, Android

Turn smartphone photos into colourful greeting cards. Choose a theme, add a photo then email your holiday card to family and friends. You can also get Ink Cards



to professionally print and mail your card for you.

The Christmas List - \$1.99 iOS

Create a gift budget for multiple people then stick to it with this handy app. You can arrange your shopping list by stores or send your list to others if you're shar-

ing gift-giving duties.

Big Oven - Free iOS, Android, Windows Phone

With more than 250 thousand recipes, you'll never run out of ideas for the holidays. This app also helps you prepare grocery lists, schedule your meals and comes up with ideas on what to do with the leftovers.

Sing Along Christmas Carols - Free iOS

Learn the words to all your favourite holiday songs. This Karaoke-style app is perfect for Christmas carolling or teaching your kids new holiday songs. **MIKE YAWNEY**

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The ultimate gifts for foodies

GIFT IDEAS

Some holiday favourites for those who love the kitchen

Tina Anson Mine

Whether you're looking for the tried-and-true or something a little different, these gifts are sure to delight the food lovers and aspiring chefs in your life.

For the retro enthusiast
Streamline Kitchen Timer. It's the details that make the look. This classic old-school kitchen timer watches the time (up to 55 minutes) and looks stylish doing it. It has an easy-to-set retro dial accented in bold black and red, and the case comes in an assortment of throwback colours, including mint green, burnt orange and fire-engine



red. It's a cute gift that won't break your budget — you might even want to give your favourite cook two. \$17.99 at Home Outfitters, homeoutfitters.com.

For the seafood lover



Outset Oyster Grill Pan. The holidays fall smack in the middle of oyster season, and Canadians are no strangers to grilling in their parkas. So why not indulge the oyster lover on your list with this funky pan? Made of sturdy cast iron, it has perfectly shaped holes to hold a dozen oysters on the grill without spilling any of their tasty juices. You can also use it to serve oysters cold on the half-shell if you're not that into winter grilling. \$47.99 at Home Outfitters, homeoutfitters.com.

For the baker
Cambria Cake Stand. If you're going to go to all the

trouble — and joy! — of baking a beautiful cake, you need something equally pretty to put it on. With clean lines and a modern but slightly rustic look, these laid-back cake stands come in a bunch of juicy hues. They're perfect for entertaining a holiday crowd at home. \$73 at Pottery Barn, potterybarn.ca.



For the wine lover

Copper Wine Bottle Cooler. This stylish copper-toned chiller has the panache of a real copper bucket without the insane price tag. Sturdy iron handles give it a masculine edge and make it easy to tote from kitchen to table. Hint: To quick-chill your wine, add



ice, fill the bucket about halfway with cold water and add a handful of salt before adding the bottle. \$65 at Pottery Barn, potterybarn.ca.

For the coffee addict
Le Creuset Café Stoneware French Press. This 27-ounce pot holds about three generous cups of coffee — just right for sharing a morning pick-me-up with a friend. Made of sturdy ceramic, it keeps coffee hot much longer than typical glass or metal French presses. The beautifully enameled stoneware is durable and looks great on the counter. \$80 at Williams-Sonoma, williams-sonoma.ca.



For the techno-cook
Sony Xperia Z3 tablet. This tablet is waterproof. Yes, you heard that right. While you can't dunk it all the way underwater (there are limits), this slim, compact Android-platform device tol-



erates splatters and can even take a quick rinse

under the tap. It makes cooking your favourite online recipes a tidier experience. \$699.99 without a plan or \$49.99 with select two-year plans at bell.ca or rogers.ca.



For the gadget lover
Vegetable Spiralizer. Remember how much you loved that Tornado Potato at The Ex? Get ready to make it at home. This clever machine turns vegetables into four different-size spirals, from tiny angel hair (great for raw veggie "noodles") to wide, flat spirals (for those deep-fried potato

curlicues you're now craving). Made of sturdy plastic and super-fast to use, it's a fun kitchen toy. \$64.50 at Lee Valley, leevalley.com.

For the hipster health nut
KoMo FlicFloc Manual Flaker. Why buy a sack of stale rolled oats at the grocery store when you can make them fresh at home? This old-fashioned hand mill turns raw oat groats into easy-to-use flakes that retain all the nutrients in the whole grain. Lovingly made of birch and steel, it's a keeper you can pass on to the next generation. \$179, at Grain Storm, grainstorm.com.



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Have a green Christmas

ECO-FRIENDLY

Think about the environment and others

Todd Lewys

With the green movement gaining momentum, we thought we'd include a cross-section of novel eco-friendly gift choices for your consideration.

Anointment Natural Skin Care Wet Shave Kit: This gift set includes a handcrafted pottery shaving scuttle, shave brush and old-fashioned, unscented shaving soap. The soap contains moisturizing French green clay, skin-soothing ground sandalwood and flaxseed — plus castor oil for impressively dense foam. \$60 at Grassroots Environmental Products at grassrootsstore.com.

Magnifeco: Your Head-To-Toe Guide to Ethical Fashion and Non-Toxic Beauty, by Kate Black: This book by Kate Black is, in just a few words, a head-to-toe guide to ethical fashion and non-toxic beauty. Black examines these subjects, recommends a number of ways for consumers to make better decisions and introduces the brands and designers leading the way along this socially responsible path. \$19.95 at Amazon.ca.

Bamboo Sheet Set: Sold by British Columbia eco-retailer All Things Being Eco, these bamboo sheets — available in queen and king size sets — offer a rich lustre, soft feel and, due to their bamboo construction, are very durable. \$165-\$195 at allthingsbeingeco.ca.

Cotton Mesh Produce Bag: Made right here in Canada, this cotton mesh produce bag is an environmentally responsible — not to mention good looking — alternative to using plastic bags.

You can use it to take your fruits and veggies home from the market, and the breathable mesh allows for easy storage in the fridge. \$15.50 at eco-handbags.ca.

Bamboo Towel Set: Softer and more absorbent than cotton, these towels are made of 100 per cent bamboo viscose yarn. Naturally hypo-allergenic, anti-microbial and more odour-resistant than cotton, the set comes with a bath towel, hand towel and face cloth. \$45 at allthingsbeingeco.ca.

Bookhou for Mini Mioche Hoodie Tee: The Toronto-based company enlisted local designer Bookhou to design a winning hoodie-tee for children. The result is a 100 per cent organic cotton hoodie tee that comes in 10 sizes and three prints — olive triangle, black bure and eggplant floral. \$33 at minimioche.com.

Chemex Coffee Maker: With four sizes to choose from — three, six, eight and 10 cups — this coffee maker is as green as you can find. Made of non-porous borosilicate glass, the carafe doesn't absorb odours or retain harmful chemical residues. It uses patented Chemex bonded filters (US\$8.90). US\$38.90-\$47.50 at chemexcoffeemaker.com or Amazon.ca.

Verterra Palm Leaf Dinnerware: Greenmunch — based in Sherwood Park, Alta. — offers Verterra Palm Leaf Dinnerware plates made from fallen palm leaves and water. They are microwave safe up to two minutes on high, and are oven-safe at 350 degrees for up to 45 minutes. One hundred per cent compostable, they biodegrade in less than two months. \$14-\$27 at greenmunch.ca.

Weleda Calendula Baby Face Cream: Made with 96 per cent organic ingredients, this cream is free of synthetic fragrances, chemical preservatives and petroleum-derived ingredients. It moisturizes and softens baby's sensitive skin. \$23 at minimioche.com, well.ca and other retailers.

Poo-Pourri Before-You-Go Toilet Spray: According to the good folks at All Things Being Eco, this makes a great stocking stuffer. Little wonder — an ounce of perfumed prevention can go a long way in the bathroom. \$12.25-\$18.50 at allthingsbeingeco.ca.



- 1 Poo-Pourri Before-You-Go Toilet Spray (\$12.25 - \$18.50)
- 2 Cotton Mesh Produce Bag (\$15.50)
- 3 Anointment Natural Skin Care Wet Shave Kit (\$60)
- 4 Bamboo Towel Set (\$45)
- 5 Magnifeco by Kate Black (\$19.95)

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CELEBRATING 45 YEARS OF GROWING

Pets are set to get Xmas benefits

Ylva Van Buuren

'Twas the night before Christmas and all through the house, not a creature was stirring... except for the family pet who was sniffing around under the tree.

Wrap up one of these practical and fun gift ideas for the pets on your list.

RAIN DATE: Some dogs dislike the rain ... but the Pet Life Pour-Protection Umbrella will keep them dry. It has a reflective lining and leash holder. \$34 at Amazon.ca.

ADD LIGHT YEARS: Active cats will love the Petsafe Bolt Interactive Laser Toy — and it gives owners quality time with their pet too. \$21.99 at Amazon.ca.

TO ALL A GOOD NIGHT: Invite your four-legged friend to curl up on this designer dog bed by Jo Alcorn. \$99 at Shop.ca.

BARK BINGO: Wrap up a dog bingo game for the pet lover on your list. \$39.95 at Crate and Barrel, crateandbarrel.ca.

PLAY BALL: Dogs can learn to retrieve with the

Toys "R" Us Pets Fetch N' Treat Interactive Dog Toy — when the dog retrieves the ball and drops it in, the toy gives him a treat. \$29.99 at PetSmart, petsmart.ca.

JINGLE BELL: Adjustable glow-in-the-dark collar is comfortable and lightweight, and a jingle bell makes it easy to find the cat. Martha Stewart Pets

collar, \$9.99 at PetSmart, petsmart.ca.

PICTURE PERFECT: A make-your-own pet calendar is a wonderful and thoughtful gift for any animal lover. A3 or A4 Wall Calendars feature 13 photos each. \$22 at Photobox.ca.

CHEW ON THIS: Plush dog chew toy, \$5.99 at Winners, winners.ca.

HOLIDAY HELP: Wrap up a CanadaHelps Charity Gift Card — and invite the recipient to choose the charity from hundreds dedicated to the welfare of animals. Available in any denomination starting at \$5 at CanadaHelps.org.

STINKY POOCH? The Rainburst Simple Shower uses a

hydration reservoir or a 2L bottle of water to hose down your pet, and that will be a welcome gift for anyone who hikes or camps with their foraging four-legged friend (you never know what they're going to discover in the bushes!) \$10.75 at Mountain Equipment Co-op, mec.ca.

FEATHERED FRIENDS: Perky Pet Mason Jar Wild Bird Seed Feeder looks like a vintage blue glass canning jar used in the 1800s, and will add a rustic appeal to any yard or balcony. The feeder has eight feeding ports and holds about one pound of seeds. \$26.99 at Canvasback Pet Supplies, canvasbackpets.com.

HOME FOR THE HOLIDAYS: Cats travel in comfort and style in a Sherpa

Original Deluxe Carrier. Available in small, medium and large sizes, it comes with a seat belt and luggage strap. \$69.99-\$79.99 at Canvasback Pet Supplies, canvasbackpets.com.

PAW PROTECTION: Wel-lies dog boots protect paws from snow, salt, rain and mud. Extra-wide opening and Velcro closure make them easy to put on and take off. In black or red, durable yet soft silicone rubber. Different sizes start at \$20.99. Canada Pooch Stores, canadapooch.com.

FOR BIRD BRAINS: Spiral cotton rope bird toy by Zoo-Max has pony beads and a small bell for fun play. Non-toxic. Assembles with a small wire. \$10.99 at Pet Valu, petvalu.com.

SPECIAL OCCASION: You can dress them up and pretty well take them anywhere in a Pet

Rainbow Tutu. Small, medium and large sizes, \$7.99 at Pet Valu, petvalu.com.

SOLE SAVING: For dogs that have trouble walking on hardwood, Muttsocks paw protection socks have non-skid soles for indoor traction. Six sizes, \$11 (set of 4) at muttluks.com.

1 Pet Rainbow Tutu, \$7.99 at Pet Valu, petvalu.com.

2 Petsafe Bolt Interactive Laser Toy, \$21.99 at Amazon.ca.

3 Perky Pet Mason Jar Wild Bird Seed Feeder, \$26.99 at Canvasback Pet Supplies, canvasbackpets.com.

4 Designer dog bed by Jo Alcorn, \$99 at Shop.ca.

5 Sherpa Original Deluxe Carrier, \$69.99-\$79.99 at Canvasback Pet Supplies, canvasbackpets.com.

6 Rainburst Simple Shower, \$10.75 at Mountain Equipment Co-op, mec.ca.

7 Pet Life Pour-Protection Umbrella, \$34 at Amazon.ca.

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The good stuff can be found in almost every price range

Peter Rockwell

Are you haunted by the gifts of wine you gave from Christmases past? Here are a dozen bottles that are guaranteed to put a smile on the face of the wine lovers on your holiday shopping list.

FOR THE WINE NEWBIE

Not to say that anyone, no matter how wine engaged, wouldn't appreciate these wines, but they'll especially appeal to those just getting their palates wet.

KWV 2014 Contemporary Collection Chenin Blanc (South Africa, \$9.45-\$10.99):

A thirst-quenching dry white

with plenty of light green fruit and balanced acidity. **Radio Boka 2013 Tempranillo (Spain, \$10.95-\$13.99):** Still undiscovered by many, the wines of Spain's Valencia region are real palate pleasers, with this well-priced Tempranillo a tasty mix of black cherry and subtle spice.

Fairview 2014 Goats do Roam Red (South Africa, \$12.95-\$14.99):

With a name poking fun at France's Côtes du Rhône region it's no wonder that this is a Shiraz-led blend of six different grapes. Light and juicy, its plummy fruit is drinkable right out of the bottle.

The Entertainer 2013 Red Blend (Australia, \$15.95-\$16.99): Made by Wolf Blass in honour of its gregarious founder, this ripe, rounded red blend of Shiraz and Grenache has loads of berry fruit and a hint of residual sugar.

FOR THE ENTHUSIAST
If you're friends with an afi-

cionado, one of these wines should turn their corkscrew.

Anselmi 2014 San Vincenzo IGT (Italy, \$16.95-\$20.99): This inspired blend of Garganega, Chardonnay and Sauvignon Blanc is a muscular white with complex citrus and apricot. Aging in steel vats means there won't be any oak to distract you from the forward fruit.

O'Leary Unoaked Chardonnay VQA (Ontario, \$13.95-\$18.99): One for the business-minded. Mr. Wonderful,

Kevin O'Leary, joins the celebrity winemaking scene with this refreshing, citrus-meets-green apple Chardonnay perfect for seafood (even shark).

McManis Family Vineyards 2013 Cabernet Sauvignon (California, \$19.95):

A full-figured California Cabernet with thick, cassis-laden fruit and a touch of smoky wood

thanks to six months of oak aging. Though big on ripe, jammy flavours, this is a surprisingly balanced red that drinks super smooth.

Jacob's Creek 2013 Double Barrel Shiraz (Australia, \$19.95-\$20.99): Both wine and brown spirit fans will enjoy this uniquely aged Barossa Valley Shiraz that sees finishing time in used Scotch barrels. It all leads to a big-boned red with loads of chewy wood and dark chocolate.

Bonterra 2013 Chardonnay (California, \$19.95): As the granddaddy of American organic wine producers, Bonterra's made a name for itself by making consistent, full-flavoured wines like this Chardonnay. Fresh, bright and oozing tropical pineapple, lime and lemon, it makes for a perfect partner with roast poultry.

IF MONEY IS NO OBJECT

The holidays are all about giving; just be around when they open one of these bottles.

Montresor 2013 Amarone della Valpolicella (Italy, \$36.45-\$43.99): Though you can drink them with food, an Amarone is a slow sipper, best paired with good conversation. Made by pressing dried grapes, this is a robust core of plums, raisins and dark black fruit, which makes it a great dinner opener and closer.

Taylor Fladgate 20-Year-Old Tawny Port (Portugal, \$62.79-\$68.95): No liquid goes better with a roaring fire and cheese (especially Stilton) than Port. Made from a blend of 20-year-old wines, this is a sublime mix of brown sugar, nuts and spices.

Moët & Chandon 2004 Dom Pérignon Champagne (France, \$224.29-\$249.95): Named for a French monk, Dom Pérignon is arguably the most recognizable name from Champagne. The 2003 balances sophisticated citrus fruit with enough depth to float a cruise ship, ready for any occasion.

1 KWV 2014 Contemporary Collection Chenin Blanc, \$9.95-\$10.99

2 Fairview 2014 Goats do Roam Red, \$12.95-\$14.99

3 Bonterra 2013 Chardonnay, \$19.95

4 Jacob's Creek 2013 Double Barrel Shiraz, \$19.95-\$20.99

5 Moët & Chandon 2004 Dom Pérignon Champagne, \$224.29-\$249.95

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Discovering the right spirits for the season

Peter Rockwell

Spirit lovers are a complicated bunch: Brand loyal to a fault, many are becoming more open-minded when it comes to putting something new into their mouths. That makes finding the perfect gift for the hard liquor fan on your holiday list a bit of a challenge. Well, not really, any one of these unique spirits of Christmas present will make the perfect present.

Belvedere 007 SPECTRE Limited Edition Vodka (\$49.95-\$49.98): Bond, James Bond is back and he's drinking cocktails again. Belvedere is an official sponsor of SPECTRE, 007's latest adventure, and you can shake, but not stir, your next martini with a shot of this limited edition version of their quintessential vodka. **St-Germain Elderflower Liqueur (\$41.95-\$49.95):** Liqueurs are a strange beast. While the best sellers are coffee, cream or brandy-based, they have so much more to offer. St-Germain is all about the elderflower. Great chilled on its own, it's one of the best mixers with wine.

The Kraken Black Spiced Rum Ceramic Decanter (\$41.95-\$44.99): Rum's recent renaissance came with a spicy edge, and Kraken, with its black, savoury drinkability and cool packaging, is at the center of its celebrity. Taking its bottle to the next level, this limited edition is a must for any rum lover.

Domaine Pinnacle Chic Choc Spiced Rum (\$33.75-\$34.99): Made in Quebec, this rum is a blend of Nordic spices, including peppery green alder and white-erod berries, harvested from the province's Chic Choc Mountains. Nice and spicy, it's a great base for holiday cocktails.

Círoc Grape Spirit (\$49.98-\$49.95): Being made with grapes means Círoc is more eau-de-vie than vodka. Tech-

nicalities aside, this neutral spirit, whose brand ambassador just happens to be Sean 'Diddy' Combs, has a fruitier side that works wonders when blended with fruit juices.

Compass Box Great King Street Glasgow Blended Whisky (\$57.45): Glaswegians like their whisky full-bodied and peaty and this modern take on Scotland's classic 19th century blends offers both in spades. Aging in used sherry barrels adds a backbone of dried fruit and wine to the mix.

Death's Door Gin (\$37.95): Named for the passageway between Wisconsin's Washington Island and the Door County peninsula, Death's Door doesn't hit you over the head with its combination of botanicals. It doesn't need to, here mellow is more and its reserved flavour profile is pleasingly creamy and smooth.

Forty Creek Distillery El Espolón Reposado Tequila (\$44.75): Wrapped in a cool Day of the Dead-themed label and made with 100 per cent Blue Agave, aged for six months in American oak barrels, this lightly wooded reposado drinks well above its price point.

Wiser's Hopped Whisky (\$28.95): A brown spirit for the beer lover. Made with a blend of five- to nine-year-old Canadian whiskies, it sees a dry hopping toward the end of its aging process that plays up the aromatic appeal of the hops, while downplaying their bitterness.

New Holland Beer Barrel Bourbon (\$73.05): Twice distilled and initially aged in American oak, this whisky then sees three months in used beer barrels, which adds biscuity notes and a relaxed malty character to its rich toffee and caramel flavour.

Highland Park Dark Origins Single Malt

Whisky (\$99.95): Inspired by the distillery's infamous founder Magnus Eunsen, this scotch drinks as sexy as it looks. Layered with chocolate, citrus and sherry thanks to being aged in twice as many first fill sherry casks as

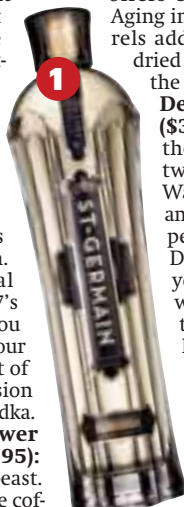
the original Highland Park 12-year-old.

Remy Martin Louis XIII Cognac (\$3,100): If Cognac is the king of spirits then Louis XIII is the king of kings. Made with a blend of brandy, some of which is over a century old, it comes housed in a decanter designed by Baccarat Crystal.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL LOCATIONS.



- 1 St-Germain Elderflower, \$41.95
- 2 Forty Creek Distillery El Espolón Reposado Tequila, \$44.75
- 3 New Holland Beer Barrel Bourbon, \$73.05
- 4 Remy Martin Louis XIII Cognac, \$3,100



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Giving time makes a big impact

Denis Bourgeois, senior financial consultant with Investors Group, has been a volunteer with Big Brothers Big Sisters of Winnipeg for 15 years. He served half of that time as a board member and now volunteers with the in-school mentoring program.

"I just celebrated three years with my little," he says with a big smile. "We have a secret handshake."

Denis' pride in his little is transparent. "I spend an hour a week with him, and we play catch, we carve pumpkins, bake cookies. I'm a numbers guy, so I try to help him with his math homework. I'm told by his teacher that he smiles a lot every Wednesday because he knows I'm coming to spend time with him."

When asked why he thinks it's important to get involved Denis says you can have an impact on this world by spending time with someone you normally wouldn't cross paths with.

"Everyday we are adding friends to our



CONTRIBUTED

friend lists. Being a mentor is a great way to do that in person."

He takes every opportunity to encourage others to get involved. He says we can all afford an hour a week.

"Time is the most expensive commodity we have. To give an hour a week is priceless for a kid in need. Being a mentor goes a long way towards turning statistics into success stories. None of these kids deserve to be statistics."

Sign up today at Bigwinnipeg.com

You can help make ALS treatable, not terminal

Imagine slowly losing the ability to hold a drink in your hand, struggling to do up the buttons on your shirt. Imagine not being able to swallow or catch your breath. Imagine being trapped in a body, yet still knowing what you want to do.

"Quality of life is important for everyone. Living with a life limiting disease such as ALS means every moment matters," says Diana Rasmussen, executive director of the ALS Society of Manitoba. "We need your help to make moments matter and provide hope."

The ALS Society of Manitoba is committed to provide the best possible care and support for Manitobans with ALS, their families and care givers. As well, the organization builds public awareness of ALS and its impact on society, while supporting research into the cause of and the cure for ALS, to, hopefully, make it treatable, not terminal.

Each year, the ALS Society of Manitoba celebrates the past year and the future by lighting 12 holiday trees in front of the Brummitt Feasby ALS House. This one-of-



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a-kind house supports families living with ALS. Students from Vincent Massey High School set everything up and the official lighting ceremony was on Dec. 9.

Drive past the house at 106 Kirby Dr. now until Jan. 31 and enjoy the lights and trees. To support the Lite Up A Life Campaign, the ALS House or the Equipment Lending Program, visit alsmb.ca, or call 204-831-1510.

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Be a Mentor Today



Big Brothers Big Sisters
of Winnipeg

www.bigwinnipeg.com

MAKE MOMENTS MATTER

in the lives of those living with ALS.

ALS (Amyotrophic Lateral Sclerosis), also known as Lou Gehrig's Disease is a life limiting disease where 90% of people diagnosed will die within three to five years, some within a few short months.

As the number of person's diagnosed with ALS continues to grow in Manitoba, we need your HELP!

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Any donation of \$20.00 or more will receive a charitable tax receipt.

Records reused for unique holiday gift

You'll not only find ultra-unique holiday gifts at MCC Furniture Thrift Store, but you will be doing a whole lot of good for the earth and people in need.

At MCC, on 18 Keewatin St., in Winnipeg, they believe every purchase is a gift to the world.

One of the hottest items on their shelves right now is recycled record purses, which are head-turning fantastic.

"Customers love them," says manager Laurie Goetz. "I still wear mine almost daily and always get stopped by guys and gals and I'm asked about my purse."

The inspiration for the purses came from a visit to South Africa about four years ago. Goetz was working with Ten Thousand Villages, a fair trade organization which empowers those in developing countries by marketing their crafts here in North America.

"I happened across a fair trade market in Cape Town where I met a man in one of the booths named Warren. This middle-aged

PROCEEDS GO TO THE WORK OF MCC

The record purses sell for \$65 (no tax) with 100 per cent net proceeds being forwarded to MCC. They are also proud to sell record clocks for \$35.

"It is a positive way to keep them out of our landfills and they also make for great conversation pieces," Goetz said.

gentlemen was creating and selling these record purses, and this is how he was able to put food on the table and send his three children to school."

With great pride, Warren showed Goetz the process of making the purses, which she took home to Winnipeg.

"What I also found interesting is that he had to purchase the old records to make this craft," Goetz says.



CONTRIBUTED

"What we deem as disposal, they see as opportunity for income and one has to be creative."

Alf Dyck, a regular volunteer at MCC, takes a few hours out of each shift to make a couple record purses. It was quite labour intensive at

first, and a few records were broken, but soon he figured out a process.

"The records themselves are donated to us, and we purchase our strapping and rivets and Velcro from a local wholesale location near us at a reasonable cost," Goetz says.

MCC Furniture Thrift Store

Gifts for the home

Bring this coupon in and receive 25% off any regular priced used item.
Coupon expires December 31st, 2015

204-694-3669 • 18 Keewatin Street

WHERE EVERY PURCHASE IS A GIFT TO THE WORLD

A photograph of a living room interior. On the left is a blue upholstered armchair with wooden arms. In the center is a grey sofa with patterned cushions. In front of the sofa is a dark wooden coffee table. The background is a light blue wall with a white starburst decoration. The entire advertisement is framed by a black and white checkered border with decorative pine branches and red berries in the corners. Scissors icons are placed on the left and right sides of the coupon text area.

Jurgen Klopp's Liverpool topped their Europa League group after a 0-0 draw with FC Sion while Spurs also topped their group by beating Monaco 4-1

Jets hang Jackets out to dry

NHL

Perreault racks up points as visitors receive six of the best

Mathieu Perreault had a goal and three assists and rookie Connor Hellebuyck made 25 saves as the Winnipeg Jets beat the Columbus Blue Jackets 6-4 on Thursday night. The victory keeps the 22-year-old goaltender undefeated in his four-game NHL career.

Mark Scheifele, Adam Lowry, Dustin Byfuglien, Drew Stafford and Blake Wheeler also scored for Winnipeg (14-13-2). Byfuglien, Stafford and Little each added a pair of assists and Scheifele added one.

Cam Atkinson struck twice for the Blue Jackets (11-17-2) with Boone Jenner and Scott Hartnell each chipping in with their 12th goals of the season. Alexander Wennberg had three assists.

Curtis McElhinney turned aside 29 of 34 shots for Columbus. He remains winless in eight games this season (0-5-1). McElhinney started in place of Sergei Bobrovsky, who suffered a groin strain on Tuesday, and is expected to be out three weeks.

The Blue Jackets felt the loss of Bobrovsky quickly as the Jets scored three goals on their first five shots. Scheifele picked up his team-leading 11th goal of the season 27 seconds into the game.

After taking a shot near the top of the circle that banged off the glass behind the net,



The Jets' Blake Wheeler, second from right, and Bryan Little, left, look on as teammate Dustin Byfuglien, not pictured, scores from the point against Blue Jackets goaltender Curtis McElhinney at MTS Centre on Thursday. JON WOODS/THE CANADIAN PRESS

THURSDAY in Winnipeg

6	4
JETS	JACKETS

Scheifele went to the net and banked the bouncing puck off McElhinney with a backhand.

Just one minute 55 seconds later, Winnipeg made it 2-0 when Lowry scored his first goal of the

season by redirecting a Byfuglien shot from the point at 2:22.

The pair of goals were the second fastest to begin a game in the Jets/Atlanta Thrashers' franchise history, according to Elias. The fastest was 1:22 in 2002.

Columbus didn't get its first shot at Hellebuyck until almost four minutes into the period.

The Jets made it 3-0 at 10:48 on the power play when Byfuglien's long shot went under a partially screened McElhinney.

Columbus finally scored after Hellebuyck missed sweeping the puck out of the crease and Jenner banged it in for his 12th goal of the season at 15:38.

With 56 seconds left in the second period, Hartnell used a rebound during a power play to put the puck past Hellebuyck. It was the first time this season Hellebuyck had given up more than one goal in a game.

The Jets made it 5-2 on goals from Stafford and Perreault by

7:36 of the third period.

Atkinson then netted his pair of goals, the second with an extra attacker at 18:16. Wheeler finished the scoring at 19:15 with an empty-netter.

Winnipeg heads to Chicago on Friday to face the Blackhawks. It's the seventh back-to-back set for the Jets this season. They're 2-3-1 in the second games so far. Columbus hosts the New York Islanders on Saturday.

THE CANADIAN PRESS

GOLF

Brooke's goals for 2016

Golfer Brooke Henderson had two dreams come true this year: she became a member of the LPGA Tour and won her first tournament at that level.

She's setting her sights even higher in 2016. Henderson hopes to continue her ascent on the top women's professional golf circuit and also lead Canada to the podium when the sport makes its return to the Olympic program next summer in Rio.

"It's an amazing opportunity that I have just to play in the Olympics and to play on the LPGA Tour. They're both dreams that I've had since I was young."

Henderson, a former top-ranked amateur, showed this past season that she was the real deal. Her statement performance came in August at the Cambia Portland Classic, when she blew away the field with a whopping eight-stroke victory.

Henderson was about three weeks shy of her 18th birthday at the time. She was granted immediate LPGA Tour membership by commissioner Mike Whan after the win.

THE CANADIAN PRESS



Brooke Henderson GETTY IMAGES

1,000th game nears for coach Vigneault

Alain Vigneault paused for a moment when asked what advice he would give a younger version of himself — one who had yet spend a single game behind an NHL bench as a head coach.

"You sacrifice a lot things on a personal level," he said. "The balance people have in life between their family lives and their work is really tested and put to the limit. I've never felt I worked a day in my life because I love the game."

"I was willing to make that sacrifice," Vigneault will coach his 1,000th NHL game on Friday when his New York Ran-

gers visit the Edmonton Oilers, a milestone he has reached despite a roller-coaster career. The Quebec City native was in his late 30s and leading the Montreal Canadiens in the 2000-01 season when he was blindsided by an abrupt firing just over three years into his tenure.

After a brief career as an NHL defenceman, Vigneault



Alain Vigneault THE CANADIAN PRESS

got his start coaching in the Quebec Major Junior Hockey League and as an assistant with the expansion Ottawa Senators.

He knew he would have to take a step backwards to get another crack at the big time after Montreal, so he signed on with the QMJHL's PEI Rocket before the Vancouver Canucks hired him to coach their AHL affiliate.

And when then-Canucks general manager Dave Nonis fired Marc Crawford in 2006, Vigneault was the man entrusted with getting the club to the next level.

Vigneault — who has record of 538-349-112 as he prepares to become the 23rd coach in NHL history to reach 1,000 games — then got hired by the New York Rangers, but got off to a slow start in New York. Vigneault stayed patient and led the Rangers to a Stanley Cup appearance in 2013-14 before losing out in the Eastern Conference final last season.

THE CANADIAN PRESS



The wait is over: Aldo and McGregor to finally do battle

Jose Aldo is the only featherweight champion in UFC history. The brilliant Brazilian star is widely considered the pound-for-pound best mixed martial artist in the world. He hasn't lost a fight in 10 years.

And yet in the casinos of Las Vegas, Aldo is a betting underdog in the main event of UFC 194 on Saturday.

Behold the power of Conor McGregor, the loquacious Irish challenger who has persuaded the world he can end 2015 by dethroning a king. "He is already beat-

en," McGregor said. "I look in his eyes, and I see someone who knows his era is over. It's a new era. It's my era."

A year of promotional hype and fan anticipation culminates at the MGM Grand Garden Arena in the main event of the biggest show on a huge three-day weekend of UFC fights.

Aldo (25-1) and McGregor (18-2) have traded many insults during the buildup to this injury-delayed showdown. It's finally time to find out whether McGregor can back up his bravado.

THE ASSOCIATED PRESS

RECIPE Mini Turkey Meatloaves



PHOTO: MANA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

These meatloaves are great to make ahead and freeze — then you can pull out as many (or as few) as you need on any given night.

Ready in

Prep time: 60 minutes

Serves 4

Ingredients

- 1 Tbsp olive oil
- 1/3 cup onion, diced fine
- 1/3 cup celery, diced fine
- 1/3 cup carrot, diced fine
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 lb of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

Directions

1. Preheat the oven to 375 F.
2. Warm up olive oil in a pan over medium heat. Add your vegetables and the fennel seeds and allow them to soften, about 3 to 5 minutes. Remove from the heat and allow to cool a bit.
3. In a large mixing bowl, place meat, oats, ketchup, sauteed vegetables, cheese and a whisked egg. Mix it all together thoroughly — you want each bite to have a mix of all the elements.
4. Using a 1/3 cup measure, spoon mixture and place each scoop into a cup of a muffin tin. In a small bowl, mix together 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear this glaze over the top of your mini meatloaves.
5. Bake for 40 minutes. The internal temperature for meatloaf should be 160 to 165 F.

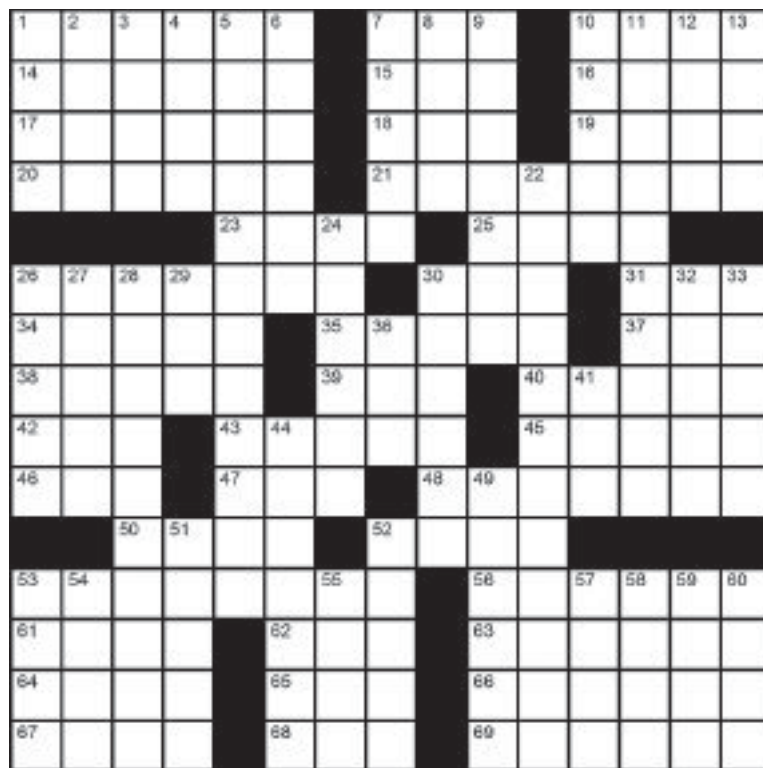
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. "Sleep that knits up the ravel'd _ of care..." - Macbeth, Act II, Scene 2
7. Joan of _
10. Cried
14. _ _ pants
15. _ polloi
16. Some: 2 wds.
17. Mosaic components
18. Ms. DeGeneres, to pals
19. Single-named rock bassist
20. Bahamas capital
21. Prized-players
23. Alum
25. 'Class' or 'Luck' suffix
26. Jivas
30. Ms. Field of movies, to pals
31. Financial deg.
34. Precise
35. Pedestal
37. Western prov.
38. 1970s music
39. Klutz
40. Feigned cry of enthusiasm: 2 wds.
42. Want _ (Newspaper section)
43. Ms. Shriver
45. Some space objects
46. Ms. McEntire, briefly
47. Hill-building insect
48. Archived documents
50. Better Than _ (Rock band)
52. Alberta village southeast of Calgary



53. In a sincere manner
56. "That's groovy with me": 2 wds.
61. Certain conjunctions
62. Not 'neath
63. Ms. Dion of song
64. Leave in, in

- proofreading
65. Ms. Lambert of country, to pals
66. Some wading birds
67. _ de combat (Out of action)
68. Impatient shout!
69. Computer clickety-

click-clickers

DOWN

1. Rotate
2. Moon goddess
3. Building additions
4. Woeful word
5. From Earth, one would take approxi-

- mately six to eight months: 3 wds.
6. Make certain/check
7. Up in front
8. Breadbasket bun
9. Irish actor Mr. Murphy of new whale adventure "In the Heart of the Sea" (2015)

10. Drifts through the air
11. "Op.23, No.6, Prelude in _ _ _" by Russian composer/pianist Rachmaninoff
12. Equal
13. Christmas poem opener...
22. Newfoundland: Locale on Fogo Island for those who rarely-stop-over?
24. Classify
26. Aromatic tree
27. Zinc _ (Skin irritation cream)
28. Michael who plays the Scottish lead in "Macbeth" (2015)
29. US broadcasting regulator
30. Journey amongst the lions
32. 1990: Madonna's _ Ambition World Tour
33. Chasm
36. _ Chi (Martial Art)
41. Owl's utterance
44. " _ of a Murder" (1959) starring James Stewart
49. Draw out a response
51. Piquancies
52. Christmas-time resin
53. Mixture
54. Not duped: 2 wds.
55. "Star Wars" (1977) role
57. Bit from a movie
58. Van Gogh's Bank of the _ at Auvers
59. Humdinger
60. Fewer

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everything should be going well for you now and today's new moon in your fellow Fire sign of Sagittarius will make life even more enjoyable.

Taurus April 21 - May 21
Today's new moon puts emphasis on finances, especially investments and property issues and anything of a monetary nature that involves other people. Lady Luck is smiling on you, so make some profitable moves.

Gemini May 22 - June 21
If you have fallen out with a partner, loved one or friend, or even a work colleague, this is the perfect day to get back on good terms with them. You may have to admit you were wrong but it will be worth it.

Cancer June 22 - July 23
It's unlikely you will be impressed by someone's aggressive attitude. Do not, however, try to confront them. They just got out of the wrong side of bed this morning.

Leo July 24 - Aug. 23
Today's new moon urges you not to limit yourself in any way, shape or form. Creatively and professionally you are at the top of your game, so be active, be ambitious and above all be assertive.

Virgo Aug. 24 - Sept. 23
Get tough with someone. If you don't do it now it will mean an even bigger showdown later on, so let them know where they are going wrong and what they can do to make it right.

Libra Sept. 24 - Oct. 23
Cosmic activity in the area of your chart that governs your ability to communicate makes it easy for you to win people over. Use that ability to get others to do the small stuff while you focus on the big picture.

Scorpio Oct. 24 - Nov. 22
If you get an offer that could bring you money you should take it. It will mean more work and you will have to sacrifice other things but if you turn it down you will kick yourself later.

Sagittarius Nov. 23 - Dec. 21
Look out for your own interests and do something for yourself for a change. Today's new moon in your sign promises great things will happen. You deserve your success.

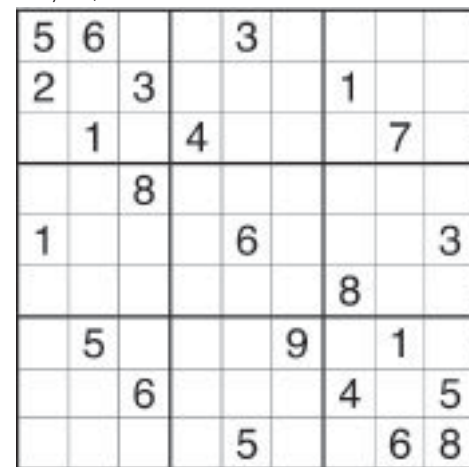
Capricorn Dec. 22 - Jan. 20
You may be tempted to give up on something today but the planets warn if you stop now you will regret it later in the month. Keep going. You are on the brink of a breakthrough.

Aquarius Jan. 21 - Feb. 19
This is a good time for friendships and group activities but don't spread yourself thin. Where your work and creative activities are concerned don't start anything new because what happens tomorrow will require all your attention and energy.

Pisces Feb. 20 - March 20
You may be ambitious but the planets warn you won't be able to reach your goals alone. Look for people who can assist you and ask for help.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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